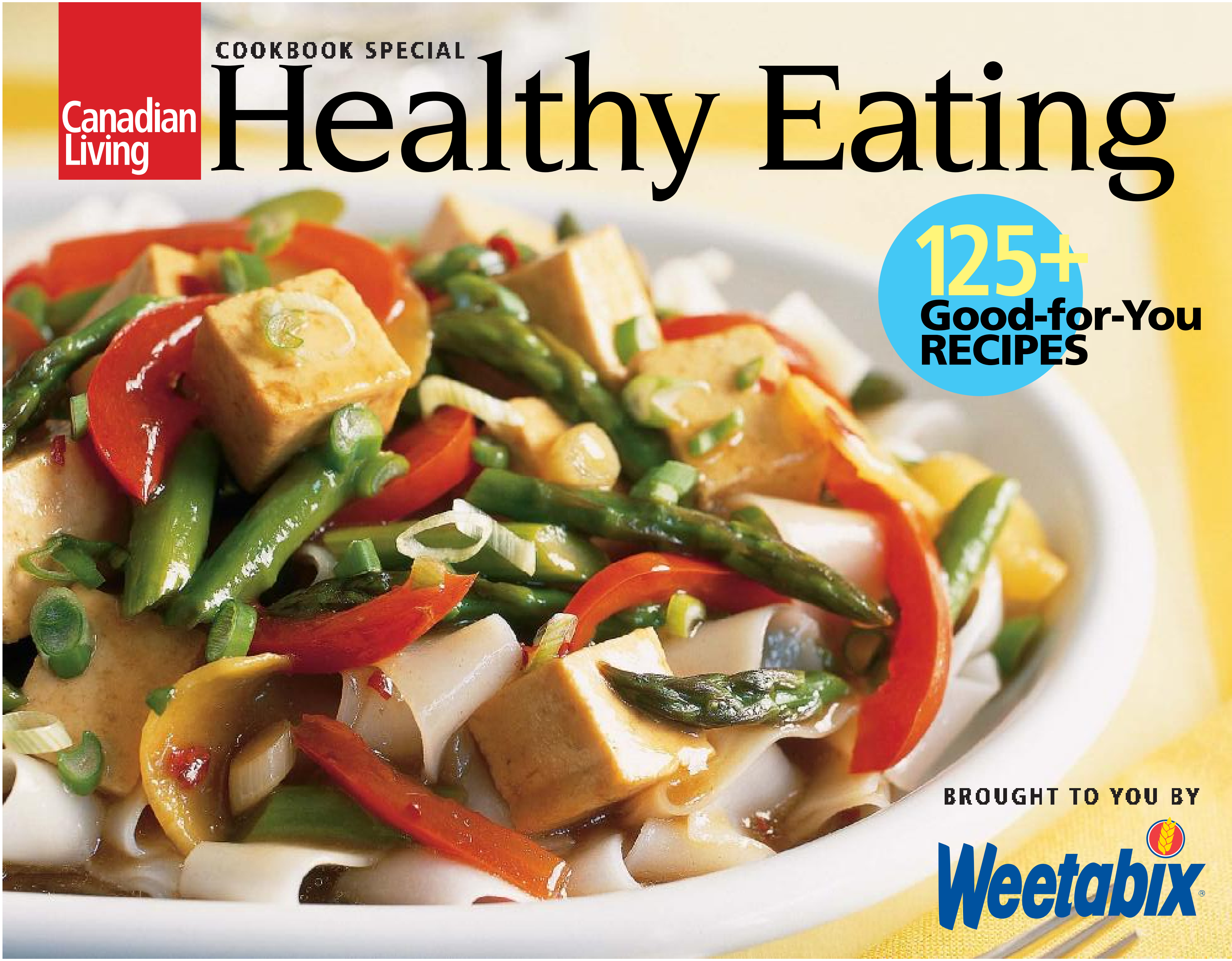
COOKBOOK SPECIAL

Canadian Living

Healthy Eating



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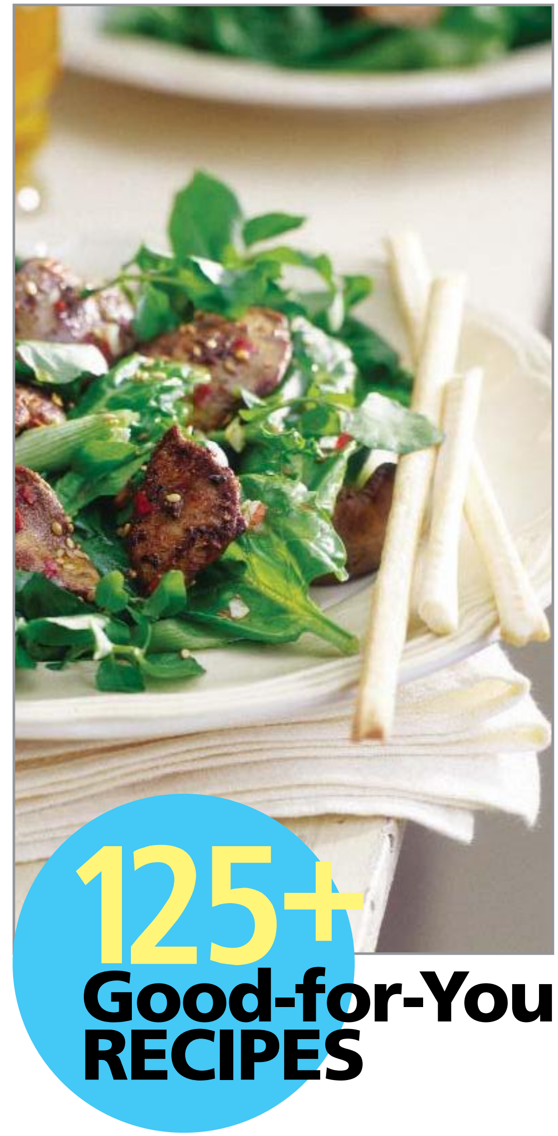
Canadian Living

COOKBOOK SPECIAL

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RECIPE INDEX

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BACK TO OTHER RECIPES

Baked Egg Rolls



How our supermarkets have changed. Look for formerly exotic ingredients, such as fresh egg roll wrappers, in the produce section. And don't forget the plum sauce.

1 lb	lean ground pork	500 g
3	green onions, chopped	3
2	cloves garlic, minced	2
1	carrot, grated	1
½ cup	chopped water chestnuts	125 mL
2 tbsp	soy sauce	25 mL
1 tbsp	cornstarch	15 mL
1 tsp	sesame oil	5 mL
½ tsp	pepper	2 mL
12	large (5½ inch/13 cm) egg roll wrappers	12
1 tsp	vegetable oil	5 mL

❧ In nonstick skillet, cook pork over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes; drain off fat.

❧ Add onions, garlic, carrot and water chestnuts; cook over medium heat, stirring occasionally, until onions are softened, about 3 minutes.

❧ In small bowl, whisk together soy sauce, cornstarch, 1 tbsp (15 mL) water, sesame oil and pepper; pour into pan and toss well. Let cool slightly.

❧ Forming 1 roll at a time, place wrapper on work surface; brush with water. Spoon scant 3 tbsp (50 mL) pork mixture on bottom third, leaving ½-inch (1 cm) borders on bottom and sides. Pull bottom edge over filling and roll up; pinch ends to seal.

❧ Place, seam side down, on rimmed baking sheet; brush with oil. Bake in 375°F (190°C) oven until golden and crisp, about 20 minutes.

Makes 4 servings. PER SERVING: about 331 cal, 24 g pro, 15 g total fat (5 g sat. fat), 24 g carb, 2 g fibre, 76 mg chol, 728 mg sodium. % RDI: 5% calcium, 19% iron, 46% vit A, 5% vit C, 16% folate.

Apple Cheese Bites



4 oz	light cream cheese, softened	125 g
3 tbsp	dried cranberries or raisins	50 mL
4	apples, cored and halved lengthwise	4
Pinch	cinnamon	Pinch

In bowl, stir together cream cheese and cranberries; spread over centre of apples. Sprinkle with cinnamon.

Makes 4 servings. PER SERVING: about 162 cal, 3 g pro, 6 g total fat (3 g sat. fat), 27 g carb, 3 g fibre, 17 mg chol, 118 mg sodium. % RDI: 1% calcium, 2% iron, 4% vit A, 15% vit C, 3% folate.

Creamy Herb Dip



Add vegetables to this dip to up your vegetable intake.

1 cup	1% cottage cheese	250 mL
¼ cup	low-fat plain yogurt	50 mL
1	green onion	1
1 tbsp	chopped fresh parsley	15 mL
½ tsp	Dijon mustard	2 mL
¼ tsp	dried dillweed	1 mL
Pinch	pepper	Pinch

❧ In food processor, purée cottage cheese with yogurt until smooth. Stir in green onion, parsley, mustard, dillweed and pepper. Refrigerate for at least 1 hour or for up to 3 days.

Makes 1⅓ cups (325 mL). **PER 1 TBSP (15 ML):** about 11 cal, 2 g pro, trace total fat (trace sat. fat), 1 g carb, 0 g fibre, 1 mg chol, 52 mg sodium. % RDI: 1% calcium, 1% folate.

Canadian Living

Flaxseed Crackers

Weetabix



1½ cups	all-purpose flour	375 mL
¼ cup	flaxseeds	50 mL
¼ cup	ground flaxseeds	50 mL
4 tsp	butter, softened	20 mL
½ tsp	baking powder	2 mL
½ tsp	salt	2 mL
½ cup	milk	125 mL

❧ In large bowl and using electric mixer, beat together flour, flaxseeds, ground flaxseeds, butter, baking powder and salt until crumbly. Add milk; mix until dough clumps together.

❧ Turn out onto lightly floured surface; knead just until smooth. Wrap and refrigerate for 10 minutes.

❧ Divide dough into quarters. On lightly floured surface, roll out dough, one-quarter at a time, to ⅛-inch (3 mm) thickness. Transfer to ungreased rimless baking sheet. Bake in centre of 325°F (160°C) oven until golden and crisp, about 20 minutes.

❧ Let cool on rack. Break into pieces. *(Make-ahead: Store in airtight container for up to 1 week or freeze for up to 1 month.)*

Makes about 40 pieces. PER PIECE: about 32 cal, 1 g pro, 1 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 1 mg chol, 38 mg sodium. % RDI: 1% calcium, 2% iron, 1% vit A, 5% folate.

Fruity Tofu Smoothie



1 cup	fresh or frozen fruit (such as mixed tropical fruit, peaches or strawberries)	250 mL
1 cup	orange juice	250 mL
½ cup	silken or soft tofu	125 mL
½ cup	low-fat plain yogurt	125 mL
2 tbsp	lemon juice	25 mL
2 tbsp	liquid honey	25 mL
1	banana	1

In blender, purée together fruit, orange juice, tofu, yogurt, lemon juice, honey and banana until smooth.

Makes 2 servings. PER SERVING: about 276 cal, 8 g pro, 3 g total fat (1 g sat. fat), 59 g carb, 4 g fibre, 4 mg chol, 64 mg sodium. % RDI: 13% calcium, 7% iron, 7% vit A, 103% vit C, 35% folate.

TIP: Frozen bananas make smoothies thick and frosty. Wrap peeled ripe bananas tightly in plastic wrap and freeze.

Strawberry Banana Smoothie

Healthy Eating

125+ Good-for-You RECIPES

1 cup	milk	250 mL
½ cup	frozen strawberries	125 mL
Half	banana	Half
¼ cup	plain yogurt	50 mL
1 tbsp	liquid honey	15 mL

❧ In blender, blend milk, strawberries, banana, yogurt and honey until smooth and frothy.

Makes 2 servings. PER SERVING: about 153 cal, 6 g pro, 3 g total fat (2 g sat. fat), 27 g carb, 1 g fibre, 12 mg chol, 81 mg sodium. % RDI: 19% calcium, 4% iron, 8% vit A, 32% vit C, 10% folate.

Watermelon Fresco



6 cups	coarsely chopped seeded watermelon	1.5 L
1 cup	crushed ice	250 mL
¼ cup	granulated sugar	50 mL
2 tbsp	lime juice	25 mL
4	lime wedges	4

In blender, combine watermelon, crushed ice, sugar and lime juice until smooth and frothy. Stir and serve over ice in glasses. Garnish with lime wedges.

Makes 4 servings. PER SERVING: about 127 cal, 2 g pro, 1 g total fat (0 g sat. fat), 30 g carb, 1 g fibre, 0 mg chol, 6 mg sodium. % RDI: 2% calcium, 3% iron, 9% vit A, 42% vit C, 3% folate.

Beef and Sweet Potato Stir-Fry



As a general rule, choose sodium-reduced stocks and broths, especially for Asian-style recipes calling for soy, oyster, teriyaki and hoisin sauces, which have a lot of sodium.

2 tbsp	vegetable oil	25 mL
1 lb	beef stir-fry strips	500 g
1	onion, sliced	1
3	cloves garlic, minced	3
2 cups	cubed peeled sweet potatoes (2 small)	500 mL
1	sweet yellow or green pepper, sliced	1
½ cup	beef stock	125 mL
¼ cup	oyster sauce	50 mL
1 tbsp	cornstarch	15 mL
1 tbsp	rice or cider vinegar	15 mL
1 tsp	sesame oil	5 mL
2	green onions, thinly sliced	2

❧ In wok or large skillet, heat 1 tbsp (15 mL) of the vegetable oil over high heat; stir-fry beef, in 2 batches, until browned but still pink inside, about 2 minutes. Transfer to plate. Drain fat from pan.

❧ Add remaining vegetable oil to pan; stir-fry sliced onion and minced garlic over medium heat until onion is softened, about 2 minutes.

❧ Stir in sweet potato, yellow pepper and ½ cup (125 mL) water; cover and steam until potatoes are tender, about 10 minutes.

❧ Meanwhile, in small bowl, whisk together beef stock, oyster sauce, cornstarch, vinegar and sesame oil. Return beef and any juices to pan. Add oyster sauce mixture and bring to boil; boil, stirring, until thickened and glossy, about 1 minute. Sprinkle with green onions.

Makes 4 servings. PER SERVING: about 316 cal, 29 g pro, 11 g total fat (2 g sat. fat), 26 g carb, 2 g fibre, 49 mg chol, 658 mg sodium. % RDI: 4% calcium, 22% iron, 114% vit A, 98% vit C, 16% folate.

Canadian Living

Beef Koftas with Pitas and Yogurt

Weetabix



There's no such thing as a dry kofta or burger if you add moisture to lean beef. Here, it's done with a good measure of parsley and green onions plus a little water.

1 cup	lightly packed fresh parsley leaves	250 mL
3	green onions, coarsely chopped	3
2 tsp	dried mint	10 mL
½ tsp	each ground cumin, mild paprika and salt	2 mL
¼ tsp	pepper	1 mL
1	egg	1
1 lb	lean ground beef	500 g
4	whole wheat pita breads	4
½ cup	plain yogurt	125 mL
2 tbsp	minced fresh parsley	25 mL

❧ In food processor, purée together parsley leaves, green onions, half of the mint, the cumin, paprika, salt and pepper. Transfer to large bowl; beat in egg. Add beef and 2 tbsp (25 mL) water; mix well. Shape by heaping 2 tbsp (25 mL) into small sausages; thread each lengthwise onto metal or soaked wooden skewer.

❧ Place skewers on greased grill over medium heat or under broiler; close lid and grill, turning once, until no longer pink inside and digital rapid-read thermometer inserted into several koftas reads 160°F (71°C), about 12 minutes on grill, 7 minutes under broiler.

❧ Meanwhile, grill or broil pita breads, turning once, until crisp, about 4 minutes; cut into quarters. Combine yogurt with remaining mint and minced parsley. Serve koftas with pita quarters and yogurt.

Makes 4 servings. PER SERVING: about 393 cal, 31 g pro, 14 g total fat (5 g sat. fat), 37 g carb, 5 g fibre, 109 mg chol, 712 mg sodium. % RDI: 10% calcium, 41% iron, 14% vit A, 42% vit C, 36% folate.

BACK TO RECIPES

Canadian Living

Lettuce-Wrapped Beef and Pepper Fajitas

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

Rolling up fajitas in lettuce gives a lovely fresh crunch, but you can use tortillas.

1 lb	top sirloin grilling steak	500 g
1 tsp	chili powder	5 mL
½ tsp	salt	2 mL
1 tsp	vegetable oil	5 mL
1	each sweet red and green pepper, thinly sliced	1
1	onion, sliced	1
2	cloves garlic, minced	2
½ cup	salsa	125 mL
1 tbsp	lime or lemon juice	15 mL
¼ cup	light sour cream	50 mL
8	lettuce leaves	8

❧ Trim fat off steak; sprinkle with half each of the chili powder and salt. Broil steak, turning once, until browned but still pink inside, about 6 minutes. Transfer to cutting board and tent with foil; let stand for 10 minutes before slicing thinly across the grain.

❧ Meanwhile, brush vegetable oil over nonstick skillet over medium heat; cook red and green peppers, sliced onion, minced garlic and remaining chili powder and salt, stirring occasionally, until tender-crisp, about 4 minutes. Stir in salsa and lime juice.

❧ Mound vegetables, steak and sour cream in each lettuce leaf; roll up.

Makes 4 servings. PER SERVING: about 203 cal, 24 g pro, 7 g total fat (2 g sat. fat), 12 g carb, 2 g fibre, 54 mg chol, 491 mg sodium. % RDI: 7% calcium, 24% iron, 21% vit A, 135% vit C, 17% folate

Canadian Living

Meatball Noodle Soup

Weetabix



To enrich the tomato flavour, the tomato paste cooks for a few minutes before adding the stock.

1 lb	lean ground beef	500 g
2	cloves garlic, minced	2
1 tsp	each dried thyme, salt and pepper	5 mL
2 tsp	vegetable oil	10 mL
1	each onion and sweet red pepper, chopped	1
2	carrots, halved lengthwise and sliced	2
2 tbsp	tomato paste	25 mL
4 cups	sodium-reduced beef stock	1 L
1½ cups	thinly sliced fresh or frozen broccoli florets	375 mL
1 cup	egg noodles	250 mL

❧ In bowl, combine beef, garlic, thyme and ½ tsp (2 mL) each of the salt and pepper; roll by scant 1 tbsp (15 mL) into balls.

❧ In large saucepan, heat oil over medium-high heat; brown meatballs, in batches and turning often, about 5 minutes. Transfer to plate. Drain fat from pan.

❧ Add onion, red pepper, carrots and remaining salt and pepper; fry over medium heat until softened, about 3 minutes. Stir in tomato paste; cook for 2 minutes. Add stock and bring to boil, stirring and scraping up brown bits from bottom of pan. Return meatballs to pan; reduce heat and simmer for 5 minutes.

❧ Add broccoli and noodles; cook until noodles are tender and digital rapid-read thermometer inserted into several meatballs reads 160°F (71°C), about 5 minutes.

Makes 4 servings. PER SERVING: about 300 cal, 27 g pro, 13 g total fat (5 g sat. fat), 19 g carb, 4 g fibre, 71 mg chol, 1,310 mg sodium. % RDI: 5% calcium, 26% iron, 106% vit A, 117% vit C, 16% folate.

BACK TO RECIPES

Canadian Living

One-Pot Macaroni with Beef and Tomatoes

Weetabix



In The Canadian Living Test Kitchen, the fat is always drained off after browning meat or poultry for one-dish dinners. This technique spares a few grams of fat and calories, and there's always enough moisture in the vegetables to cook them without burning.

1 lb	lean ground beef	500 g
1	onion, chopped	1
3	cloves garlic, minced	3
1	sweet green pepper, chopped	1
2	carrots, thinly sliced	2
1 tsp	each dried oregano and basil	5 mL
½ tsp	each salt and pepper	2 mL
1	can (28 oz/796 mL) crushed tomatoes	1
2 cups	macaroni or Scoobi-Do pasta	500 mL
¼ cup	shredded Cheddar cheese	50 mL
¼ cup	minced fresh parsley	50 mL

❧ In Dutch oven or large deep saucepan, sauté beef over medium-high heat, breaking up with spoon, until no longer pink, about 8 minutes. Drain off any fat.

❧ Add onion, garlic, green pepper, carrots, oregano, basil, salt and pepper to pan; cook over medium heat, stirring occasionally, until onion is softened, about 5 minutes.

❧ Add tomatoes and 3 cups (750 mL) water; bring to boil. Stir in macaroni; reduce heat, cover and simmer, stirring occasionally, until pasta is tender but firm, about 20 minutes. Sprinkle with Cheddar cheese and parsley.

Makes 4 servings. PER SERVING: about 554 cal, 35 g pro, 18 g total fat (8 g sat. fat), 64 g carb, 8 g fibre, 71 mg chol, 491 mg sodium. % RDI: 16% calcium, 49% iron, 110% vit A, 80% vit C, 52% folate

BACK TO RECIPES

Salsa Meat Loaf



A few subtle substitutions to traditional ingredients make this meat loaf low in calories and fat yet moist and appetizing.

4	egg whites (or ½ cup/ 125 mL pasteurized egg whites)	4
1 cup	large-flake rolled oats	250 mL
1	onion, grated	1
1 cup	grated zucchini	250 mL
¾ cup	grated carrot	175 mL
4	cloves garlic, minced	4
1 tsp	Worcestershire sauce	5 mL
¾ tsp	salt	4 mL
½ tsp	each dried thyme and pepper	2 mL
1½ lb	extra-lean ground beef	750 g
½ cup	salsa	125 mL

❧ In bowl, lightly whisk egg whites; stir in oats, onion, zucchini, carrot, garlic, Worcestershire sauce, salt, thyme and pepper. Mix in beef.

❧ Place on greased rimmed baking sheet; form into 13-inch (33 cm) long by 2-inch (5 cm) high oval loaf. Bake in 350°F (180°C) oven until browned, about 40 minutes. Spread salsa over top; bake until digital rapid-read thermometer registers 160°F (71°C), about 20 minutes.

Makes 8 servings. PER SERVING: about 206 cal, 22 g pro, 7 g total fat (3 g sat. fat), 12 g carb, 2 g fibre, 47 mg chol, 382 mg sodium. % RDI: 3% calcium, 19% iron, 25% vit A, 7% vit C, 7% folate.

Canadian Living

Shepherd's Pie Patties

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

Frozen vegetables, now in so many combinations, are great solutions for a time crunch. Serve the patties with peas and mashed potatoes (recipe follows).

1	egg	1
⅓ cup	dry bread crumbs	75 mL
1 tbsp	Worcestershire sauce	15 mL
2 tsp	Dijon mustard	10 mL
1½ cups	beef stock	375 mL
½ tsp	each salt and pepper	2 mL
1 lb	lean ground beef	500 g
2 tsp	vegetable oil	10 mL
1 tbsp	cornstarch	15 mL
2 cups	frozen mixed peas and pearl onions	500 mL

❧ In bowl, whisk together egg, bread crumbs, 2 tsp (10 mL) of the Worcestershire sauce, half of the mustard, ¼ cup (50 mL) of the stock, salt and pepper; mix in beef. Shape into eight ½-inch (1 cm) thick patties.

❧ In skillet, heat oil over medium heat; fry patties, turning once, until digital rapid-read thermometer inserted horizontally into patty reads 160°F (71°C), about 10 minutes. Transfer to plate; cover and keep warm. Drain off any fat in pan.

❧ Whisk together remaining stock, mustard and Worcestershire sauce, and cornstarch; add to pan. Add peas and onions; simmer, stirring often, until thickened, about 2 minutes. Spoon over patties.

Makes 4 servings. PER SERVING: about 294 cal, 26 g pro, 15 g total fat (5 g sat. fat), 13 g carb, 2 g fibre, 106 mg chol, 826 mg sodium. % RDI: 5% calcium, 26% iron, 4% vit A, 5% vit C, 12% folate.

MASHED POTATOES:

4	large potatoes, peeled and cubed	4
¼ cup	hot milk	50 mL
2 tbsp	butter	25 mL
½ tsp	each salt and pepper	2 mL

❧ In large saucepan of boiling salted water, cook potatoes until tender, about 10 minutes. Drain and return to pot. Mash with milk, butter, salt and pepper.

Makes 4 servings. PER SERVING: about 207 cal, 4 g pro, 6 g total fat (4 g sat. fat), 35 g carb, 2 g fibre, 19 mg chol, 766 mg sodium. % RDI: 3% calcium, 4% iron, 6% vit A, 22% vit C, 7% folate.

Steak and Cheese Quesadillas

Healthy Eating

125+ Good-for-You RECIPES

The filling for these quesadillas is really a stir-fry, a handy technique to use for many dinners. You can also use thin strips of pork or chicken instead of beef.

2 tsp	vegetable oil	10 mL
8 oz	beef stir-fry strips	250 g
2	onions, thinly sliced	2
2	cloves garlic, minced	2
2 tsp	Cajun seasoning or chili powder	10 mL
¼ tsp	each salt and pepper	1 mL
4	large flour tortillas	4
½ cup	shredded Monterey Jack cheese	125 mL

❧ In large nonstick skillet, heat half of the oil over medium-high heat; stir-fry beef until browned, about 5 minutes. Transfer to bowl.

❧ Add remaining oil, sliced onions, garlic, Cajun seasoning, salt and pepper to pan; stir-fry until onions are softened, about 5 minutes. Scrape onion mixture onto beef; toss to combine.

❧ On work surface, spoon beef filling onto half of each tortilla. Sprinkle Monterey Jack cheese over filling; fold uncovered half over top.

❧ Wipe out skillet; cook quesadillas over medium heat, turning once and in batches if necessary, until crisp and brown and cheese is melted, about 4 minutes. Cut into wedges.

Makes 4 servings. PER SERVING: about 363 cal, 22 g pro, 14 g total fat (5 g sat. fat), 37 g carb, 3 g fibre, 40 mg chol, 579 mg sodium. % RDI: 13% calcium, 25% iron, 7% vit A, 5% vit C, 38% folate.

Balsamic Flank Steak and Mushrooms



¼ cup	balsamic vinegar	50 mL
2 tbsp	soy sauce	25 mL
1 tbsp	granulated sugar	15 mL
2 lb	flank marinating steak	1 kg
2 tbsp	extra-virgin olive oil	25 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1 lb	each shiitake and button mushrooms, sliced	500 g
1 tbsp	chopped fresh parsley	15 mL

❧ In large plastic bag, combine vinegar, soy sauce and sugar; add steak. Seal and refrigerate for 8 hours. *(Make-ahead: Refrigerate for up to 2 days.)* Remove from marinade, reserving marinade.

❧ In skillet, heat oil over medium-high heat; cook onion and garlic, stirring, until translucent, 3 minutes. Add mushrooms; cook until liquid is evaporated, about 10 minutes. Add reserved marinade; cook until no liquid remains, about 5 minutes.

❧ Meanwhile, broil steak, or grill over medium-high heat, for 7 to 9 minutes per side for medium-rare. Transfer to cutting board. Tent with foil; let stand for 10 minutes. Slice thinly across the grain. Serve with mushroom mixture; sprinkle with parsley.

Makes 8 servings. PER SERVING: about 264 cal, 28 g pro, 13 g total fat (4 g sat. fat), 9 g carb, 2 g fibre, 46 mg chol, 315 mg sodium. % RDI: 1% calcium, 24% iron, 7% vit C, 11% folate.

Beef Pot Pie



1 tsp	vegetable oil	5 mL
2 cups	quartered mushrooms	500 mL
¾ tsp	salt	4 mL
½ tsp	each dried thyme and savory or oregano	2 mL
¼ tsp	pepper	1 mL
2 cups	chopped peeled squash or carrots	500 mL
2	potatoes, peeled and cubed	2
1½ cups	beef stock	375 mL
5 cups	Beef Base (recipe follows)	1.25 L
⅓ cup	all-purpose flour	75 mL
8 oz	green beans	250 g
BISCUIT TOPPING:		
2 cups	all-purpose flour	500 mL
4 tsp	baking powder	20 mL
1 tsp	salt	5 mL
⅓ cup	shortening	75 mL
¾ cup	milk	175 mL

❧ In large saucepan, heat oil over medium heat; cook mushrooms, salt, thyme, savory and pepper, stirring often, for 5 minutes.

❧ Add squash, potatoes and 1 cup (250 mL) of the beef stock; bring to boil. Reduce heat to medium-low; cover and simmer for 10 minutes.

❧ Add Beef Base; bring to boil. Whisk flour with remaining stock; stir into pan and cook over medium heat, stirring often, until thickened, about 5 minutes.

❧ Meanwhile, trim beans; cut into 1-inch (2.5 cm) pieces. Add to pan and cook, covered, until tender-crisp, about 5 minutes. Pour into 13- x 9-inch (3 L) glass baking dish; set aside.

❧ BISCUIT TOPPING: In bowl, combine flour, baking powder and salt. Using pastry blender or 2 knives, cut in shortening until in coarse crumbs. Add milk all at once, stirring with fork to make soft, slightly sticky dough. Turn out onto lightly floured surface; knead gently 10 times.

❧ Pat out dough to 13- x 9-inch (33 x 23 cm) rectangle; cut into 12 squares. Using spatula, place on filling. Bake in 450°F (230°C) oven until bubbly and topping is no longer doughy underneath, about 20 minutes.

Makes 6 servings. PER SERVING: about 664 cal, 43 g pro, 26 g total fat (8 g sat. fat), 62 g carb, 5 g fibre, 76 mg chol, 1,233 mg sodium. % RDI: 18% calcium, 48% iron, 40% vit A, 30% vit C, 25% folate.

TIP: For a quicker version of the pie, use different toppings. For a phyllo pastry topping, brush 6 sheets phyllo pastry with melted butter; scrunch them over pie and bake for last 10 minutes of cooking. For biscuit topping, use commercial frozen biscuit dough.

Canadian Living

Beef Base

Weetabix



4 lb	stewing beef cubes	2 kg
2 tbsp	vegetable oil	25 mL
6	onions, coarsely chopped	6
4	cloves garlic, minced	4
2	bay leaves	2
3 cups	beef stock	750 mL

❧ Cut beef into 1-inch (2.5 cm) cubes, if necessary, trimming off any fat. In large heavy saucepan, heat half of the oil over medium-high heat; brown beef all over, in batches. Transfer to bowl.

❧ Add remaining oil to pan; reduce heat to medium. Cook onions, garlic and bay leaves, stirring often, until onions are softened, about 5 minutes.

❧ Return beef and any accumulated juices to pan. Add beef stock and bring to boil, stirring and scraping up brown bits from bottom of pan. Reduce heat, cover and simmer until beef is tender, about 2 hours. Discard bay leaves. *(Make-ahead: Let cool for 30 minutes. Transfer to airtight containers and refrigerate, uncovered, until cold. Cover and freeze for up to 2 weeks; thaw in refrigerator.)*

Makes 10 cups (2.5 L). PER 1 CUP (250 ML): about 344 cal, 42 g pro, 16 g total fat (5 g sat. fat), 6 g carb, 1 g fibre, 89 mg chol, 345 mg sodium. % RDI: 3% calcium, 28% iron, 5% vit C, 10% folate.

Canadian Living

Best-Ever Spaghetti and Meatballs

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

2 tbsp	extra-virgin olive oil	25 mL
2	onions, finely chopped	2
3	cloves garlic, minced	3
1	egg	1
½ cup	ricotta cheese	125 mL
2 tsp	fennel seeds, lightly crushed	10 mL
1¼ tsp	salt	6 mL
¾ tsp	pepper	4 mL
¼ tsp	each ground cinnamon, cloves and nutmeg	1 mL
1 cup	coarse fresh bread crumbs	250 mL
¼ cup	minced fresh parsley	50 mL
¼ cup	grated Romano or Parmesan cheese	50 mL
8 oz	lean ground beef	250 g
8 oz	lean ground pork	250 g
½ cup	dry red or white wine or chicken stock	125 mL
1	can (28 oz/796 mL) diced tomatoes	1
1½ cups	crushed canned tomatoes	375 mL
½ cup	coarsely chopped fresh basil (or 2 tsp/10 mL dried)	125 mL
¼ tsp	granulated sugar	1 mL
1½ lb	spaghetti	750 g

❧ In large nonstick skillet, heat half of the oil over medium heat; fry onions and garlic, stirring occasionally, until onions are golden, 10 to 12 minutes. Scrape into bowl.

❧ In large bowl, whisk together egg, ricotta cheese, fennel seeds, ¾ tsp (4 mL) of the salt, pepper, cinnamon, cloves and nutmeg. Stir in bread crumbs, parsley, Romano cheese and half of the onion mixture. Add beef and pork; combine well. Refrigerate for 30 minutes.

❧ Wetting hands if necessary to prevent sticking, form meat mixture by rounded tablespoonfuls (15 mL) into balls. Add remaining oil to pan. Brown meatballs over medium-high heat, in 2 batches; with slotted spoon, transfer to plate. Pour off fat.

❧ Add wine to pan; bring to boil, stirring and scraping up brown bits. Transfer to Dutch oven. Stir in remaining onion mixture, diced and crushed tomatoes, half of the basil (or all dried, if using), the sugar and remaining salt. Add meatballs. Cover and simmer over low heat, stirring occasionally, for 25 minutes. *(Make-ahead: Let cool for 30 minutes. Transfer to airtight containers and refrigerate, uncovered, until cold. Cover and refrigerate for up to 3 days or freeze for up to 1 month.)*

❧ Meanwhile, in large pot of boiling salted water, cook spaghetti until tender but firm, 8 to 10 minutes; drain and return to pot.

❧ Add about 1 cup (250 mL) of the sauce to pasta; toss to coat. Serve with remaining sauce and meatballs spooned over top. Garnish with remaining basil.

Makes 6 servings. PER SERVING: about 781 cal, 37 g pro, 23 g total fat (8 g sat. fat), 105 g carb, 8 g fibre, 91 mg chol, 1,227 mg sodium. % RDI: 21% calcium, 46% iron, 21% vit A, 58% vit C, 92% folate.

Canadian Living

Breaded Liver with Sautéed Peppers and Onions

Healthy Eating

125+ Good-for-You RECIPES

1 lb	calves' liver	500 g
½ cup	milk	125 mL
2 tbsp	vegetable oil	25 mL
2	large onions, thinly sliced	2
2	sweet red peppers, thinly sliced	2
2	cloves garlic, minced	2
½ tsp	each salt and pepper	2 mL
¼ tsp	dried basil	1 mL
2 tbsp	wine vinegar	25 mL
⅓ cup	all-purpose flour	75 mL
2	eggs	2
1 cup	dry bread crumbs	250 mL
¼ cup	chopped fresh parsley	50 mL
½ tsp	dried oregano	2 mL

❧ Peel any membrane from liver; trim any blood vessels. In bowl, soak liver in milk for 10 minutes.

❧ Meanwhile, in large nonstick skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; cook onions, red peppers, garlic, ¼ tsp (1 mL) each of the salt and pepper and basil until onions are light golden, about 10 minutes. Transfer to bowl; stir in vinegar. Cover; keep warm.

❧ In shallow dish, combine flour and remaining salt and pepper. In another dish, whisk eggs. In third shallow dish, combine bread crumbs, parsley and oregano. Drain liver and pat dry; dredge in flour mixture. Dip into eggs, then bread crumb mixture, shaking off excess.

❧ In same pan, heat remaining oil over medium-high heat; cook liver, turning once, until browned outside and slightly pink inside, about 4 minutes. Serve on onion mixture.

Makes 4 servings. PER SERVING: about 392 cal, 29 g pro, 14 g total fat (3 g sat. fat), 37 g carb, 3 g fibre, 459 mg chol, 570 mg sodium. % RDI: 9% calcium, 73% iron, 920% vit A, 207% vit C, 43% folate.

Canadian Living

Cranberry Flax Muffins

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

1 cup	flaxseeds	250 mL
1 cup	each all-purpose flour and whole wheat flour	250 mL
1 cup	natural bran	250 mL
1 tbsp	baking powder	15 mL
1 tsp	each baking soda and cinnamon	5 mL
½ tsp	salt	2 mL
2	eggs	2
1½ cups	buttermilk	375 mL
1 cup	packed brown sugar	250 mL
⅓ cup	vegetable oil	75 mL
1½ cups	dried cranberries	375 mL

❧ Set aside 2 tbsp (25 mL) of the flaxseeds. In food processor or clean coffee grinder, finely grind remaining flaxseeds; transfer to large bowl. Add all-purpose and whole wheat flours, natural bran, baking powder, baking soda, cinnamon and salt; whisk to combine.

❧ In separate bowl, whisk together eggs, buttermilk, sugar and oil; pour over dry ingredients. Sprinkle with cranberries; stir just until combined.

❧ Spoon into 12 greased or paper-lined muffin cups; sprinkle with reserved flaxseeds. Bake in centre of 375°F (190°C) oven until tops are firm to the touch, 20 minutes. Let cool in pan on rack for 5 minutes; transfer to rack and let cool completely.

Makes 12 muffins. PER MUFFIN: about 338 cal, 8 g pro, 12 g total fat (1 g sat. fat), 54 g carb, 7 g fibre, 32 mg chol, 315 mg sodium. % RDI: 12% calcium, 25% iron, 2% vit A, 5% vit C, 29% folate.

Whole Wheat Pancakes



1½ cups	all-purpose flour	375 mL
½ cup	whole wheat flour	125 mL
3 tbsp	granulated sugar	50 mL
2 tbsp	each wheat germ and skim milk powder	25 mL
1 tbsp	baking powder	15 mL
¼ tsp	each salt and ground nutmeg	1 mL
2	eggs	2
2 cups	milk	500 mL
3 tbsp	vegetable oil	50 mL

❧ In bowl, whisk together all-purpose and whole wheat flours, sugar, wheat germ, skim milk powder, baking powder, salt and nutmeg. In separate bowl, whisk together eggs, milk and 2 tbsp (25 mL) of the oil; pour over flour mixture and stir just until combined.

❧ Heat large nonstick skillet or griddle over medium heat; brush with some of the remaining oil. Using ¼ cup (50 mL) batter per pancake, pour in batter; cook until bubbles break on top but do not fill in, 2 to 3 minutes. Turn and cook until bottom is golden, about 1 minute.

Makes about 18 pancakes, or 4 to 6 servings.

PER EACH OF 6 SERVINGS: about 314 cal, 10 g pro, 11 g total fat (2 g sat. fat), 44 g carb, 3 g fibre, 295 mg sodium. % RDI: 17% calcium, 16% iron, 8% vit A, 23% folate.

Apple Cinnamon Oatmeal Porridge



3 cups	unsweetened apple juice or water	750 mL
½ tsp	salt	2 mL
1⅓ cups	quick-cooking rolled oats	325 mL
Half	apple, peeled and diced	Half
⅓ cup	raisins (optional)	75 mL
½ tsp	cinnamon	2 mL

In saucepan, bring apple juice and salt to boil. Whisk in rolled oats, apple, raisins (if using) and cinnamon. Reduce heat and simmer, whisking constantly, for 4 to 5 minutes or until desired thickness.

Makes 4 servings. PER SERVING: about 201 cal, 3 g pro, 2 g total fat (trace sat. fat), 43 g carb, 3 g fibre, 0 mg chol, 295 mg sodium. % RDI: 3% calcium, 14% iron, 92% vit C, 5% folate.

MICROWAVE VARIATION:
In 12-cup (3 L) microwaveable casserole, microwave apple juice with salt at high for 3 minutes or until boiling. Whisk in rolled oats, apple, raisins (if using) and cinnamon. Microwave, covered, at high, stirring often, for 4 minutes or until desired thickness.

Fruity Wheat Farina Porridge



4 cups	water	1 L
½ tsp	salt	2 mL
1 cup	mixed dried fruit (such as cranberries, blueberries or peaches)	250 mL
¾ cup	wheat farina cereal (such as Cream of Wheat)	175 mL
Pinch	ground nutmeg	Pinch

In saucepan, bring water and salt to boil. Whisk in mixed dried fruit, wheat farina cereal and nutmeg. Reduce heat and simmer, whisking constantly, for 3 to 4 minutes or until desired thickness.

Makes 4 servings. PER SERVING: about 193 cal, 4 g pro, 1 g total fat (trace sat. fat), 44 g carb, 4 g fibre, 0 mg chol, 379 mg sodium. % RDI: 5% calcium, 99% iron, 7% vit A, 3% vit C, 5% folate.

MICROWAVE VARIATION:
In 12-cup (3 L) microwaveable casserole, microwave water with salt at high for 3 minutes or until boiling. Whisk in mixed dried fruit, wheat farina cereal and nutmeg. Microwave, covered, at high, stirring often, for 6 minutes or until desired thickness.

Honey Almond Cornmeal Porridge

Weetabix



4 cups	milk	1 L
½ tsp	salt	2 mL
½ cup	cornmeal	125 mL
½ cup	slivered almonds	125 mL
3 tbsp	liquid honey	50 mL
Pinch	ground nutmeg	Pinch

❧ In saucepan, bring milk and salt to boil. Whisk in cornmeal, almonds, honey and nutmeg, reduce heat and simmer, whisking constantly, for 4 to 5 minutes or until desired thickness.

Makes 4 servings. PER SERVING: about 323 cal, 13 g pro, 13 g total fat (4 g sat. fat), 41 g carb, 3 g fibre, 18 mg chol, 414 mg sodium. % RDI: 30% calcium, 7% iron, 13% vit A, 2% vit C, 9% folate.

MICROWAVE VARIATION:
In 12-cup (3 L) microwaveable casserole, microwave milk with salt at high for 3 minutes or until boiling. Whisk in cornmeal, almonds, honey and nutmeg. Microwave, covered, at high, stirring often, for 12 minutes or until desired thickness.

Canadian Living

Maple Walnut Multigrain Porridge

Weetabix



3 cups	milk	750 mL
½ tsp	salt	2 mL
1 cup	multigrain cereal (such as Red River or Sunny Boy)	250 mL
½ cup	chopped walnuts	125 mL
2 tbsp	maple syrup	25 mL
1 tsp	vanilla	5 mL

❧ In saucepan, bring milk and salt to boil. Whisk in multigrain cereal, walnuts, maple syrup and vanilla. Reduce heat and simmer, whisking constantly, for 6 to 7 minutes or until desired thickness.

Makes 4 servings. PER SERVING: about 351 cal, 14 g pro, 15 g total fat (3 g sat. fat), 44 g carb, 5 g fibre, 14 mg chol, 391 mg sodium. % RDI: 22% calcium, 10% iron, 9% vit A, 2% vit C, 20% folate.

MICROWAVE VARIATION:

In 12-cup (3 L) microwaveable casserole, microwave milk with salt at high for 3 minutes or until boiling. Whisk in multigrain cereal, walnuts, maple syrup and vanilla. Microwave, covered, at high, stirring often, for 6 minutes or until desired thickness.

Strawberry Peach Parfaits



You can control the amount of fat in these sundaes by using a lower-fat yogurt.

4 cups	frozen vanilla yogurt	1 L
4	whole strawberries	4
STRAWBERRY PEACH SAUCE:		
2 cups	sliced peeled peaches or nectarines	500 mL
¼ cup	granulated sugar	50 mL
Pinch	cinnamon	Pinch
1 cup	sliced strawberries	250 mL

❧ STRAWBERRY PEACH SAUCE: In saucepan, bring peaches, sugar and cinnamon to boil over medium heat. Reduce heat and simmer, stirring gently once or twice, until peaches are tender, about 10 minutes. Add sliced strawberries; let cool.

❧ In 4 parfait glasses or bowls, alternately layer sauce with frozen yogurt. Garnish with whole strawberries.

Makes 4 servings. PER SERVING: about 407 cal, 9 g pro, 11 g total fat (7 g sat. fat), 71 g carb, 3 g fibre, 19 mg chol, 116 mg sodium. % RDI: 26% calcium, 4% iron, 8% vit A, 50% vit C, 9% folate.

Carrot Date Breakfast Bars



¾ cup	each all-purpose flour and whole wheat flour	175 mL
2 tsp	baking powder	10 mL
1½ tsp	cinnamon	7 mL
1 tsp	baking soda	5 mL
1 cup	chopped dates	250 mL
2	eggs	2
½ cup	packed brown sugar	125 mL
½ cup	vegetable oil	125 mL
2 cups	grated carrots	500 mL

❧ In large bowl, whisk all-purpose and whole wheat flours, baking powder, cinnamon and baking soda; stir in dates. In separate bowl, whisk together eggs, sugar and oil; stir in carrots. Pour over dry ingredients; stir just until moistened. Spread in greased 8-inch (2 L) square metal cake pan.

❧ Bake in centre of 350°F (180°C) oven until cake tester inserted in centre comes out clean, 45 to 50 minutes. Let cool in pan on rack. Cut into bars. *(Make-ahead: Wrap individually in plastic wrap; store for up to 2 days.)*

Makes 12 bars. PER BAR: about 223 cal, 3 g pro, 10 g total fat (1 g sat. fat), 31 g carb, 3 g fibre, 166 mg sodium. % RDI: 4% calcium, 9% iron, 43% vit A, 5% folate.

Farmland Flax Cookies



½ cup	butter, softened	125 mL
½ cup	packed brown sugar	125 mL
⅓ cup	granulated sugar	75 mL
1	egg	1
½ tsp	vanilla	2 mL
1 cup	all-purpose flour	250 mL
¾ cup	quick-cooking rolled oats	175 mL
⅔ cup	flaxseeds	150 mL
1 tsp	baking soda	5 mL

❧ In bowl, beat together butter and brown and granulated sugars until light; beat in egg and vanilla. In separate bowl, whisk together flour, oats, flaxseeds and baking soda; stir into butter mixture until soft dough forms.

❧ Drop by level tablespoonfuls (15 mL), 2 inches (5 cm) apart, on ungreased rimless baking sheets. Bake in top and bottom thirds of 350°F (180°C) oven, rotating and switching pans halfway through, until golden, 12 minutes. Let cool on pan on rack for 2 minutes.

❧ Transfer cookies to rack; let cool. *(Make-ahead: Layer between waxed paper and freeze in airtight container for up to 1 month.)*

Makes about 40 cookies. PER COOKIE: about 69 cal, 1 g pro, 3 g total fat (2 g sat. fat), 9 g carb, 1 g fibre, 11 mg chol, 57 mg sodium. % RDI: 1% calcium, 4% iron, 2% vit A, 5% folate.

Watermelon and Raspberry Sorbet



2 cups	frozen raspberries, thawed	500 mL
4 cups	coarsely chopped seeded watermelon	1 L
½ cup	granulated sugar	125 mL
¼ cup	orange juice	50 mL

❧ Press raspberries through fine sieve, discarding seeds. In blender, blend raspberries, watermelon, sugar and orange juice until smooth. Freeze in 13- x 9-inch (3 L) metal cake pan until solid, 2 hours.

❧ Break up and purée. Freeze in airtight container until firm, about 1 hour.

Makes 4 servings. PER SERVING: about 171 cal, 2 g pro, 1 g total fat (0 g sat. fat), 41 g carb, 1 g fibre, 0 mg chol, 4 mg sodium. % RDI: 2% calcium, 4% iron, 7% vit A, 55% vit C, 10% folate.

Dried Fruit Compote



1 cup	each dried Calimyrna figs, dried apricots and pitted prunes	250 mL
½ cup	raisins or dried cranberries	125 mL
1	stick cinnamon	1
10	each whole cloves and allspice	10
2	strips (3 inches/8 cm) orange rind	2
1 cup	orange juice	250 mL
GARNISH:		
1	orange, sliced	1

❧ Trim stems from figs. In saucepan, combine figs, apricots, prunes, raisins, cinnamon stick, cloves, allspice, orange rind and juice and 3 cups (750 mL) water; bring to boil. Cover, reduce heat and simmer until fruit is tender, about 20 minutes.

❧ Discard cinnamon, cloves and allspice; let cool. *(Make-ahead: Refrigerate in airtight container for up to 3 days.)*

❧ GARNISH: Garnish each serving with orange slices.

Makes 6 servings. PER SERVING: about 250 cal, 3 g pro, 1 g total fat (trace sat. fat), 64 g carb, 10 g fibre, 0 mg chol, 10 mg sodium. % RDI: 8% calcium, 19% iron, 18% vit A, 60% vit C, 6% folate.

VANILLA YOGURT TOPPING:

❧ Spoon 1½ cups (375 mL) low-fat (1%) vanilla-flavoured yogurt into cheesecloth-lined sieve over bowl. Cover and refrigerate until thick enough to mound on spoon, 1 hour. *(Make-ahead: Refrigerate for up to 2 days.)*

Makes ¾ cup (175 mL). PER 1 TBSP (15 ML): about 26 cal, 1 g pro, trace total fat (trace sat. fat), 5 g carb, 0 g fibre, 1 mg chol, 12 mg sodium. % RDI: 4% calcium, 1% vit A.

BACK TO RECIPES

Eggs with Creamed Spinach



For a plate that delights the eye, add thick slices of tomatoes broiled until hot and just beginning to crisp on the edges.

1 tbsp	vegetable oil	15 mL
1	onion, finely chopped	1
¾ tsp	salt	4 mL
¼ tsp	each ground nutmeg and pepper	1 mL
2 tbsp	all-purpose flour	25 mL
1½ cups	milk	375 mL
1 tsp	lemon juice	5 mL
2	pkg (each 300 g) frozen spinach, thawed and squeezed dry	2
1 tsp	vinegar	5 mL
8	eggs	8
4 to 8	slices rye bread, toasted	4 to 8
1 tbsp	chopped fresh parsley	15 mL

❧ In saucepan, heat oil over medium heat; cook onion, salt, nutmeg and pepper, stirring often, until softened, about 5 minutes. Add flour; cook, stirring, for 1 minute.

❧ Whisk in milk and lemon juice; bring to boil. Reduce heat and simmer until thickened, about 10 minutes. Stir in spinach; simmer until bubbly, about 2 minutes.

❧ Meanwhile, in shallow saucepan, bring 3 inches (8 cm) water and vinegar to boil; reduce heat to simmer. Break each egg into dish and slip into water; poach until white is firm and yolk is still runny, 3 to 5 minutes. With slotted spoon, remove each egg and blot bottom of spoon on towel.

❧ Spoon spinach mixture onto each toast; top with 2 eggs. Sprinkle with parsley. **Makes 4 servings.** PER SERVING (WITH 1 SLICE RYE BREAD EACH): about 337 cal, 21 g pro, 16 g total fat (5 g sat. fat), 28 g carb, 5 g fibre, 379 mg chol, 843 mg sodium. % RDI: 30% calcium, 26% iron, 98% vit A, 25% vit C, 84% folate.

Golden Onion Dill Frittata



Croutons add a pleasing crunch to a delicious frittata.

1 tbsp	vegetable oil	15 mL
1	onion, thinly sliced	1
1 cup	low-fat croutons	250 mL
8	eggs	8
½ cup	milk	125 mL
2 tbsp	minced fresh dill	25 mL
1 tbsp	Dijon mustard	15 mL
¼ tsp	each salt and pepper	1 mL

In 8-inch (20 cm) nonstick skillet, heat oil over medium heat; fry onion, stirring occasionally, until softened and golden, about 7 minutes. Sprinkle with croutons.

Meanwhile, in bowl, whisk together eggs, milk, dill, mustard, salt and pepper; pour over croutons, stirring gently to combine. Cover and cook over medium-low heat until set, about 15 minutes. Cut into wedges.

Makes 4 servings. PER SERVING: about 235 cal, 15 g pro, 15 g total fat (4 g sat. fat), 10 g carb, 1 g fibre, 374 mg chol, 384 mg sodium. % RDI: 9% calcium, 11% iron, 18% vit A, 3% vit C, 29% folate.

Canadian Living

Omelette Crêpes with Mushroom Pilaf

Weetabix



Here's a new take on eggs – an excellent quick dinner ingredient.

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1	sweet red pepper, chopped	1
3 cups	chopped mushrooms (about 8 oz/250 g)	750 mL
½ tsp	each ground ginger, salt and pepper	2 mL
1⅓ cups	vegetable stock	325 mL
⅔ cup	parboiled rice	150 mL
1 cup	bean sprouts	250 mL
2	green onions, thinly sliced	2
8	eggs	8
¼ cup	water	50 mL
4 tsp	butter	20 mL

❧ In saucepan, heat oil over medium-high heat; sauté onion, garlic, red pepper, mushrooms, ginger and ¼ tsp (1 mL) each of the salt and pepper until liquid is evaporated, about 6 minutes.

❧ Stir in stock and rice; bring to boil. Reduce heat, cover and simmer until rice is tender, about 20 minutes. Stir in bean sprouts and half of the green onions.

❧ Meanwhile, in bowl, whisk together eggs, water and remaining salt and pepper. In 8-inch (20 cm) nonstick skillet, heat 1 tsp (5 mL) of the butter over medium-high heat. Pour in one-quarter of the egg mixture; cook, lifting edge to allow uncooked eggs to flow underneath, until almost set, about 3 minutes. Turn and cook until completely set, about 5 minutes. Repeat to make 4 omelettes.

❧ Spoon one-quarter of the rice mixture onto 1 side of each omelette crêpe; fold over. Sprinkle with remaining onions.

Makes 4 servings. PER SERVING: about 371 cal, 17 g pro, 18 g total fat (6 g sat. fat), 35 g carb, 3 g fibre, 384 mg chol, 666 mg sodium. % RDI: 9% calcium, 19% iron, 31% vit A, 93% vit C, 38% folate

Spinach and Feta Pie



1¾ cups	all-purpose flour	425 mL
1 tsp	salt	5 mL
1 tsp	baking powder	5 mL
⅓ cup	extra-virgin olive oil	75 mL
⅓ cup	milk	75 mL
1	egg	1
FILLING:		
2 tbsp	extra-virgin olive oil	25 mL
1	sweet onion, chopped	1
5	green onions, chopped	5
3	pkg (each 10 oz/284 g) fresh spinach	3
1½ cups	crumbled feta cheese	375 mL
¾ cup	shredded mozzarella cheese	175 mL
2	eggs	2
½ cup	each chopped fresh mint, dill and parsley	125 mL
1½ tsp	each salt and pepper	7 mL
Pinch	ground cloves	Pinch

❧ In large bowl, whisk together flour, salt and baking powder. In separate bowl, whisk together oil, milk and egg; pour over dry ingredients. Using wooden spoon, stir to form fairly smooth dough. Turn out onto lightly floured surface; knead until smooth, about 2 minutes. Press into disc; wrap with plastic wrap and refrigerate for 30 minutes. *(Make-ahead: Refrigerate for up to 5 days.)*

❧ FILLING: Meanwhile, in skillet, heat oil over medium heat; cook sweet and green onions, stirring, until softened, about 2 minutes. Transfer to large bowl.

❧ Trim and rinse spinach; shake off water. In large pot, cover and cook spinach over medium-high heat, in batches and with just the water clinging to leaves, just until wilted, about 3 minutes. Transfer to sieve; press to remove moisture. Add to onions along with feta and mozzarella cheeses, eggs, mint, dill, parsley, salt, pepper and cloves; mix well.

❧ On floured surface, roll out pastry to 16-inch (40 cm) circle. Loosely roll around rolling pin; unroll onto 9-inch (23 cm) cast-iron skillet or baking dish, letting pastry hang over edge. Mound filling in centre; lift pastry up over filling, letting pastry fall naturally into folds and leaving 5-inch (12 cm) opening in centre. *(Make-ahead: Cover and refrigerate for up to 4 hours.)*

❧ Bake in bottom third of 375°F (190°C) oven until pastry is golden and filling is steaming, about 45 minutes. *(Make-ahead: Let cool for 30 minutes. Refrigerate until cold. Cover and refrigerate for up to 1 day. Reheat in 375°F/190°C oven for 30 minutes.)*

❧ Transfer to cutting board or serving plate, if desired. Let stand for 10 minutes. Cut into wedges.

Makes 8 servings. PER SERVING: about 402 cal, 15 g pro, 23 g total fat (8 g sat. fat), 37 g carb, 6 g fibre, 101 mg chol, 1,152 mg sodium. % RDI: 34% calcium, 42% iron, 94% vit A, 113% vit C, 95% folate.

Baked Tuna Burritos with Tomato Salsa

Healthy Eating

125+ Good-for-You RECIPES

This is a cupboard or pantry meal because most of the ingredients are on the shelves, ready to go into action when the refrigerator is just about bare.

2	cans (each 6 oz/170 g) water-packed tuna, drained	2
2	stalks celery, finely chopped	2
3	green onions, sliced	3
¼ cup	light mayonnaise	50 mL
¼ cup	sweet pickle relish	50 mL
1 tbsp	Dijon mustard	15 mL
¼ tsp	each salt and pepper	1 mL
4	large whole wheat flour tortillas	4
1 cup	shredded old Cheddar cheese	250 mL
TOMATO SALSA:		
2 cups	chopped fresh or drained canned tomatoes	500 mL
2	green onions, thinly sliced	2
2 tbsp	minced fresh parsley	25 mL
1 tbsp	minced seeded fresh or pickled jalapeño pepper	15 mL
¼ tsp	each salt and pepper	1 mL

❧ In bowl, mix tuna, celery, green onions, mayonnaise, relish, mustard, salt and pepper. Spoon ¾ cup (175 mL) onto centre of each tortilla; sprinkle each with ¼ cup (50 mL) of the cheese. Fold bottom edge over filling, then sides; roll up.

❧ Bake, seam side down, on small greased rimmed baking sheet in 400°F (200°C) oven until golden and cheese is melted, about 15 minutes.

❧ TOMATO SALSA: In bowl, combine tomatoes, onions, parsley, jalapeño pepper, salt and pepper. Halve burritos diagonally; serve with salsa.

Makes 4 servings. PER SERVING: about 401 cal, 31 g pro, 16 g total fat (7 g sat. fat), 44 g carb, 5 g fibre, 55 mg chol, 1,226 mg sodium. % RDI: 24% calcium, 26% iron, 19% vit A, 48% vit C, 24% folate.

Cajun Fish Nuggets



Kids love these tender bites of fish, especially when they can dip them into the tasty sauce.

½ cup	all-purpose flour	125 mL
¼ cup	cornmeal	50 mL
1 tbsp	Cajun seasoning	15 mL
¼ tsp	each salt and pepper	1 mL
½ cup	light mayonnaise	125 mL
2 tbsp	chopped fresh dill (or 1 tsp/5 mL dried dillweed)	25 mL
2 tbsp	lemon juice	25 mL
4	white fish fillets (such as tilapia, catfish or sole), 1½ lb (750 g) total	4

❧ In large shallow dish, whisk together flour, cornmeal, Cajun seasoning, salt and pepper. In another shallow dish, combine mayonnaise, dill and lemon juice; set ¼ cup (50 mL) aside for serving.

❧ Cut fish into 2-inch (5 cm) chunks; dip into mayonnaise mixture, then into flour mixture, turning to coat.

❧ Place fish on greased rimmed baking sheet; bake in 450°F (230°C) oven until golden, about 10 minutes. Broil until crisp, about 4 minutes. Serve with reserved mayonnaise mixture for dipping.

Makes 4 servings. PER SERVING: about 334 cal, 32 g pro, 13 g total fat (2 g sat. fat), 19 g carb, 1 g fibre, 88 mg chol, 549 mg sodium. % RDI: 2% calcium, 9% iron, 23% vit A, 5% vit C, 13% folate.

BACK TO RECIPES

Golden Fish Cakes



Start with a pound of frozen fish fillets and finish with crunchy fish cakes.

3	slices whole wheat bread	3
1	pkg (400 g) frozen fish fillets (such as tilapia, cod, sole or haddock), thawed	1
1	egg	1
2	green onions, thinly sliced	2
1	stalk celery, minced	1
½ tsp	salt	2 mL
½ tsp	pepper	2 mL
1 tbsp	vegetable oil	15 mL

❧ In food processor, pulse bread to make 2 cups (500 mL) crumbs. Transfer to bowl.

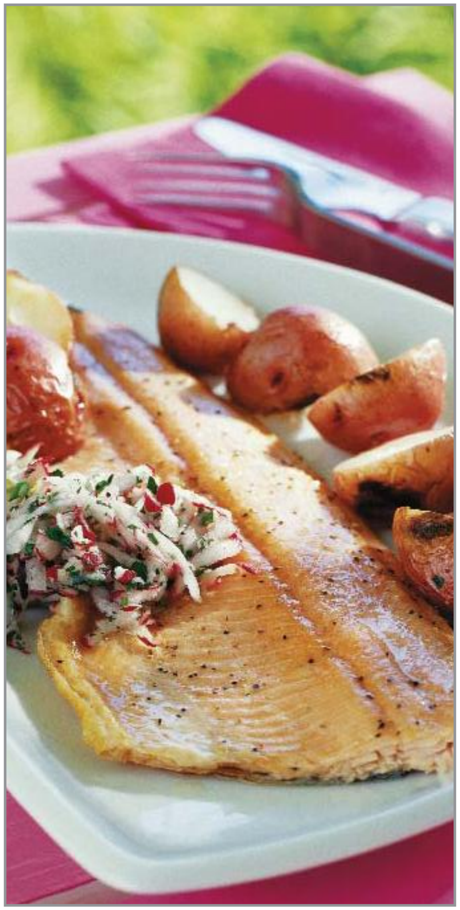
❧ In food processor, finely chop fish; add to bowl. Add egg, onions, celery, salt and pepper to bowl; mix well.

❧ Using wet hands, shape by heaping ¼ cup (50 mL) into eight ½-inch (1 cm) thick patties. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

❧ In nonstick skillet, heat oil over medium heat; fry patties, turning once, until golden, about 10 minutes.

Makes 4 servings. PER SERVING: about 190 cal, 22 g pro, 6 g total fat (1 g sat. fat), 11 g carb, 2 g fibre, 90 mg chol, 483 mg sodium. % RDI: 4% calcium, 11% iron, 4% vit A, 3% vit C, 12% folate.

Grilled Trout with Radish Slaw



There are many ways to enjoy radishes well beyond the crunchy crudité tray. Serve with spinach and Micro-Grilled New Potatoes (recipe follows).

1 tbsp	vegetable oil	15 mL
4	trout fillets (about 1½ lb/750 g)	4
¼ tsp	each salt and pepper	1 mL

RADISH SLAW:

1 cup	grated radishes	250 mL
1	green onion, sliced	1
1 tbsp	minced fresh parsley	15 mL
2 tsp	rice wine vinegar	10 mL
½ tsp	granulated sugar	2 mL
¼ tsp	minced gingerroot	1 mL
¼ tsp	poppy seeds	1 mL
¼ tsp	each salt and pepper	1 mL

❧ RADISH SLAW: In bowl, mix radishes, onion, parsley, vinegar, sugar, ginger, poppy seeds, salt and pepper; set aside.

❧ Brush oil over fillets; sprinkle with salt and pepper. Place, skin side down, on greased grill or in grill pan over medium heat or under broiler; close lid and grill until fish flakes easily when tested, 8 to 10 minutes. Serve with slaw.

Makes 4 servings. PER SERVING: about 239 cal, 29 g pro, 12 g total fat (3 g sat. fat), 2 g carb, 1 g fibre, 80 mg chol, 344 mg sodium. % RDI: 10% calcium, 5% iron, 11% vit A, 20% vit C, 18% folate.

Micro-Grilled New Potatoes:

20	small new potatoes	20
1 tbsp	extra-virgin olive oil	15 mL
2	cloves garlic, minced	2
¼ tsp	each salt and pepper	1 mL

❧ Scrub and prick each potato a few times. In microwaveable dish, cover and microwave potatoes at high for 3 minutes. Thread onto 4 metal skewers.

❧ Place on greased grill over medium heat or under broiler; close lid and grill, turning, until tender, 20 minutes.

❧ Mix together oil, garlic, salt and pepper; brush over potatoes. Grill for 2 minutes.

Makes 4 servings. PER SERVING: about 157 cal, 3 g pro, 4 g total fat (1 g sat. fat), 29 g carb, 2 g fibre, 0 mg chol, 151 mg sodium. % RDI: 1% calcium, 9% iron, 30% vit C, 7% folate.

Microwave Salmon with Cucumber Salad



Microwaving is faster than poaching, and the fillets are equally moist and delectable.

4	salmon fillets (1½ lb/750 g)	4
¼ cup	chopped fresh chives or green onion	50 mL
¼ tsp	each salt and pepper	1 mL
Half	lemon	Half
CUCUMBER SALAD:		
⅓ cup	thinly sliced red onion	75 mL
¼ cup	2% plain yogurt	50 mL
1 tbsp	lemon juice	15 mL
1 tsp	granulated sugar	5 mL
½ tsp	dried dillweed	2 mL
¼ tsp	salt	1 mL
3 cups	thinly sliced cucumber	750 mL

❧ CUCUMBER SALAD: In bowl, soak onion in cold water for 15 minutes; drain and pat dry. In bowl, whisk together yogurt, lemon juice, sugar, dillweed and salt; add cucumber and onion.

❧ In microwaveable dish, sprinkle salmon with chives, salt and pepper. Cut lemon in half lengthwise; cut crosswise into paper-thin slices and arrange over salmon. Cover and microwave at high until fish flakes easily when tested, 3 to 5 minutes. Serve with cucumber salad.

Makes 4 servings. PER SERVING: about 344 cal, 36 g pro, 19 g total fat (4 g sat. fat), 7 g carb, 2 g fibre, 101 mg chol, 400 mg sodium. % RDI: 7% calcium, 8% iron, 6% vit A, 38% vit C, 26% folate.

Red Snapper with Crunchy Cucumber Salad



Enjoy summery tastes any time of year with this all-season salad. To toast sesame seeds, swirl them in a small dry skillet over medium heat until golden, about 6 minutes.

4	red snapper, haddock or halibut fillets (1 lb/500 g)	4
¼ cup	thick teriyaki sauce	50 mL
1 tbsp	toasted sesame seeds	15 mL
CRUNCHY CUCUMBER SALAD:		
1 tbsp	sesame oil	15 mL
1 tbsp	white vinegar	15 mL
½ tsp	granulated sugar	2 mL
¼ tsp	each salt and pepper	1 mL
1	English cucumber (about 12 inches/30 cm)	1
Half	sweet red pepper, sliced	Half

❧ Place fillets on greased or foil-lined rimmed baking sheet. Brush with teriyaki sauce; sprinkle with sesame seeds. Broil until fish flakes easily when tested, about 5 minutes.

❧ CRUNCHY CUCUMBER SALAD: Meanwhile, in bowl, whisk together oil, vinegar, sugar, salt and pepper. Cut unpeeled cucumber in half lengthwise; remove any seeds with small spoon. Slice crosswise as thinly as possible to make about 4 cups (1 L). Add to bowl along with red pepper; toss to coat. Serve with fish.

Makes 4 servings. PER SERVING: about 191 cal, 26 g pro, 6 g total fat (1 g sat. fat), 8 g carb, 1 g fibre, 42 mg chol, 888 mg sodium. % RDI: 5% calcium, 8% iron, 12% vit A, 57% vit C, 12% folate.

Canadian Living

Salmon Wraps with Fruit Salsa

Weetabix



With the popularity of tortillas of all sizes and colours, it makes you wonder what we did without them to add variety to sandwiches. Instead of mangoes in the salsa, you can use 1½ cups (375 mL) chopped seeded peeled cantaloupe.

¼ cup	minced fresh mint (or ½ tsp/2 mL dried)	50 mL
¼ cup	light mayonnaise	50 mL
1 tbsp	lime or lemon juice	15 mL
1 tsp	minced gingerroot (or ¾ tsp/4 mL ground ginger)	5 mL
1	green onion, minced	1
¼ tsp	each salt and pepper	1 mL
2	cans (each 7½ oz/213 g) sockeye salmon, drained	2
4	large whole wheat tortillas	4
2 cups	shredded lettuce	500 mL
	Fruit Salsa (recipe follows)	

❧ In bowl, stir together minced mint, mayonnaise, lime juice, ginger, onion, salt and pepper. Add salmon; mash to combine well.

❧ Place tortillas on work surface; top with shredded lettuce. Spoon one-quarter of the salmon mixture onto centre of each tortilla; top with Fruit Salsa. Fold in sides of tortilla and roll up from bottom; cut in half, if desired.

Makes 4 servings. PER SERVING: about 355 cal, 23 g pro, 12 g total fat (2 g sat. fat), 48 g carb, 5 g fibre, 43 mg chol, 1,001 mg sodium. % RDI: 23% calcium, 20% iron, 35% vit A, 40% vit C, 25% folate.

Fruit Salsa:

2	mangoes, peeled, pitted and chopped	2
½ tsp	grated lime or lemon rind	2 mL
1 tbsp	lime or lemon juice	15 mL
1	green onion, finely chopped	1
½ tsp	granulated sugar	2 mL
Pinch	each salt and cayenne pepper	Pinch

❧ In bowl, combine mangoes, lime rind and juice, green onion, sugar, salt and cayenne pepper.

Makes 4 servings. PER SERVING: about 51 cal, trace pro, trace total fat (0 g sat. fat), 13 g carb, 2 g fibre, 0 mg chol, 2 mg sodium. % RDI: 1% calcium, 1% iron, 28% vit A, 37% vit C, 6% folate.

Sweet-and-Sour Halibut with Vegetable Noodles



Halibut is the choice for this dish, but less-expensive, always-available farmed tilapia and catfish are good substitutes.

Half	pkg (1 lb/500 g pkg) rice stick noodles	Half
1 cup	chicken stock	250 mL
¼ cup	orange juice	50 mL
3 tbsp	granulated sugar	50 mL
2 tbsp	red wine vinegar	25 mL
2 tbsp	tomato paste	25 mL
2 tsp	each cornstarch and soy sauce	10 mL
1 tsp	ground ginger	5 mL
2	cloves garlic, minced	2
2 tbsp	vegetable oil	25 mL
4	halibut fillets (1½ lb/750 g)	4
1	sweet red pepper, diced	1
2 cups	quartered mushrooms (about 5 oz/150 g)	500 mL
1	zucchini, diced	1

❧ In bowl of boiling water, soak noodles until tender, about 6 minutes. Drain and chill in cold water; drain and set aside.

❧ Meanwhile, in separate bowl, combine stock, orange juice, sugar, vinegar, tomato paste, cornstarch, soy sauce, ginger and garlic; set aside.

❧ In large nonstick skillet, heat 2 tsp (10 mL) of the oil over medium-high heat; fry halibut, turning once, until golden and fish flakes easily when tested, about 6 minutes.

❧ Add stock mixture and bring to boil; boil until thickened, about 2 minutes.

❧ Meanwhile, in separate skillet, heat remaining oil over medium-high heat; stir-fry red pepper, mushrooms and zucchini until tender-crisp, about 2 minutes. Add noodles; stir-fry until hot, about 1 minute.

❧ Serve in bowls topped with fish and sauce.

Makes 4 servings. PER SERVING: about 566 cal, 40 g pro, 12 g total fat (1 g sat. fat), 72 g carb, 4 g fibre, 54 mg chol, 506 mg sodium. % RDI: 10% calcium, 21% iron, 21% vit A, 100% vit C, 19% folate.

Canadian Living

Tilapia with Parsley Potatoes and Carrots

Weetabix



It's efficient to cook two vegetables in one pot, and it saves on cleanup, too.

4	tilapia or catfish fillets (about 1½ lb/750 g)	4
1 tbsp	extra-virgin olive oil	15 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
Half	onion, minced	Half
1 tbsp	minced fresh dill (or 1 tsp/5 mL dried dillweed)	15 mL
	Lemon wedges	

PARSLEY POTATOES AND CARROTS:

8	small new potatoes (about 1 lb/500 g)	8
2	carrots, thickly sliced	2
1 tbsp	minced fresh parsley	15 mL
1 tbsp	butter	15 mL
¼ tsp	each salt and pepper	1 mL

❧ PARSLEY POTATOES AND CARROTS: Scrub potatoes. In saucepan of boiling salted water, cover and cook potatoes for 10 minutes. Add carrots; cook until potatoes are fork-tender, about 10 minutes. Drain and return to pot over low heat, shaking pan until moisture evaporates, about 30 seconds. Add parsley, butter, salt and pepper; toss to coat.

❧ Meanwhile, arrange fish on foil-lined rimmed baking sheet or greased broiler pan; brush with oil. Sprinkle with salt and pepper then onion and dill. Broil until fish flakes easily when tested, about 8 minutes. Serve with potatoes and carrots and lemon wedge to squeeze over top.

Makes 4 servings. PER SERVING: about 322 cal, 32 g pro, 11 g total fat (3 g sat. fat), 24 g carb, 3 g fibre, 87 mg chol, 942 mg sodium. % RDI: 3% calcium, 10% iron, 112% vit A, 23% vit C, 12% folate.

BACK TO RECIPES

Canadian Living

Broiled Mackerel Fillets



2	fresh mackerel (each 1¼ lb/625 g) or 4 small fresh mackerel	2
2 tbsp	each finely chopped green onion and fresh parsley	25 mL
4 tsp	olive or canola oil	20 mL
1 tsp	paprika	5 mL
¼ tsp	each salt and pepper	1 mL
1	lemon, cut in wedges	1

❧ On cutting board, holding each mackerel at head and starting at front fin, slice along backbone from head to tail, then ease knife along rib bones to cavity to make 1 fillet on each side. Discard head and bones.

❧ In small bowl, stir together onion, parsley, oil, paprika, salt and pepper; spread over fillets. Place, skin side down, on greased broiler pan; broil until fish flakes easily when tested, 4 to 6 minutes. Serve with lemon wedges.

Makes 4 servings. PER SERVING: about 409 cal, 33 g pro, 29 g total fat (6 g sat. fat), 1 g carb, trace fibre, 104 mg chol, 260 mg sodium. % RDI: 3% calcium, 18% iron, 12% vit A, 8% vit C, 3% folate.

TIP: Salmon and trout are delicious alternatives to mackerel but yield different nutritional values.

Canadian Living

Clams and Pasta in Parsley Wine Sauce

Weetabix



2 tbsp	butter	25 mL
2 oz	thinly sliced pancetta or prosciutto, cut in thin strips	60 g
3	cloves garlic, minced	3
⅓ cup	chopped fresh parsley	75 mL
¼ tsp	hot pepper flakes	1 mL
½ cup	bottled clam juice	125 mL
½ cup	dry white wine	125 mL
2 lb	littleneck or Manila clams	1 kg
12 oz	linguine or fettuccine pasta	375 g

❧ In large deep heavy skillet, melt butter over medium-high heat; cook pancetta, stirring often, just until turning golden, about 3 minutes. Transfer to plate.

❧ Drain off all but 1 tbsp (15 mL) fat from pan. Add garlic, 2 tbsp (25 mL) of the parsley and hot pepper flakes; cook, stirring, for 1 minute. Pour in clam juice and wine; bring to boil. Add clams; cover and cook until clams open, about 5 minutes. Discard any that do not open.

❧ Meanwhile, in large pot of boiling salted water, cook pasta until tender but firm, 8 to 10 minutes. Drain and add to clam mixture along with pancetta; toss to coat. Serve sprinkled with remaining parsley.

Makes 4 servings. PER SERVING: about 454 cal, 17 g pro, 12 g total fat (5 g sat. fat), 66 g carb, 4 g fibre, 33 mg chol, 530 mg sodium. % RDI: 5% calcium, 51% iron, 12% vit A, 15% vit C, 60% folate

Canadian Living

Dill Grilled Trout

Weetabix



2	green onions, minced	2
2 tbsp	chopped fresh dill (or 2 tsp/10 mL dried dillweed)	25 mL
¼ tsp	grated lemon rind	1 mL
4	trout or salmon fillets (about 1½ lb/750 g total)	4
1 tbsp	butter, melted	15 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
	Lemon wedges	

In bowl, mix onions, dill and rind. Brush skinless side of fish with butter; sprinkle with onion mixture, salt and pepper.

Place, skin side down, on greased grill over medium-high heat; close lid and grill until fish flakes easily when tested, 4 minutes for trout, 12 minutes for salmon. Serve with lemon.

Makes 4 servings. PER SERVING: about 228 cal, 29 g pro, 11 g total fat (4 g sat. fat), 1 g carb, trace fibre, 89 mg chol, 367 mg sodium. % RDI: 10% calcium, 4% iron, 13% vit A, 13% vit C, 15% folate.

BACK TO RECIPES

Garlic Sesame Trout on Bok Choy

Healthy Eating

125+ Good-for-You RECIPES

2 tbsp	sesame oil	25 mL
2 tbsp	fish or chicken stock	25 mL
2 tbsp	rice vinegar	25 mL
3	cloves garlic, minced	3
2 tsp	minced gingerroot	10 mL
½ tsp	Asian chili paste or hot pepper sauce	2 mL
½ tsp	salt	2 mL
4	baby bok choy	4
1	carrot, shredded	1
4	trout fillets (about 1½ lb/ 750 g total)	4
2	green onions, sliced	2

❧ In bowl, combine oil, stock, vinegar, garlic, ginger, chili paste and salt; set aside.

❧ Cut each bok choy into quarters; arrange on foil-lined rimmed baking sheet. Sprinkle with carrot; drizzle with ¼ cup (50 mL) water. Cover with foil; bake in 400°F (200°C) oven for 10 minutes. Drain off water.

❧ Lay trout fillets over vegetables. Drizzle with sesame oil mixture; sprinkle with onions. Bake, covered, until fish flakes easily when tested and bok choy is tender-crisp, 15 to 20 minutes.

Makes 4 servings. PER SERVING: about 287 cal, 37 g pro, 13 g total fat (2 g sat. fat), 5 g carb, 2 g fibre, 97 mg chol, 401 mg sodium. % RDI: 19% calcium, 31% iron, 69% vit A, 47% vit C, 24% folate.

Grilled Salmon with Ginger Green Onion Relish

Healthy Eating

125+ Good-for-You RECIPES

4	green onions, minced	4
1	small stalk (leaves and stems) fresh coriander, minced	1
2 tbsp	minced gingerroot	25 mL
½ tsp	minced fresh hot pepper or hot pepper flakes (optional)	2 mL
½ tsp	salt	2 mL
Pinch	white pepper	Pinch
¼ cup	vegetable oil	50 mL
2 tsp	sesame oil	10 mL
1 lb	salmon fillet	500 g

❧ In small heatproof bowl, layer onions, coriander, ginger, hot pepper (if using), salt and pepper; set aside.

❧ In small skillet, heat vegetable oil over high heat until just smoking; pour over onion mixture. Add sesame oil; mix well and let cool. Strain through fine sieve, reserving relish and oil.

❧ Brush salmon with some of the reserved oil. Place on greased grill over medium-high heat; close lid and grill, turning once and basting occasionally with remaining reserved oil, until salmon flakes easily when tested, 10 to 15 minutes. Serve salmon with relish spooned over top.

Makes 4 servings. PER SERVING: about 271 cal, 20 g pro, 20 g total fat (3 g sat. fat), 2 g carb, trace fibre, 56 mg chol, 344 mg sodium. % RDI: 2% calcium, 4% iron, 2% vit A, 8% vit C, 17% folate.

Lightened-Up Tuna Melts



2	cans (each 170 g) solid white tuna packed in water, drained	2
½ cup	light mayonnaise	125 mL
¼ cup	chopped celery	50 mL
2 tbsp	chopped green olives, capers or pickles	25 mL
1 tbsp	chopped fresh dill	15 mL
¼ tsp	pepper	1 mL
Pinch	salt	Pinch
4	wheat-berry English muffins, halved and toasted	4
¾ cup	shredded light old Cheddar cheese	175 mL

❧ In bowl, break up tuna with fork; stir in mayonnaise, celery, olives, dill, pepper and salt.

❧ Arrange muffin halves on rimless baking sheet and top with tuna mixture; sprinkle with cheese. Broil until cheese is bubbly, about 2 minutes.

Makes 4 servings. PER SERVING: about 371 cal, 26 g pro, 17 g total fat (4 g sat. fat), 31 g carb, 4 g fibre, 39 mg chol, 871 mg sodium. % RDI: 34% calcium, 19% iron, 1% vit A, 2% vit C, 24% folate.

Salmon Pasta Salad



4 cups	small shell pasta	1 L
1 cup	frozen peas	250 mL
1	can (7½ oz/213 g) sockeye salmon, drained	1
½ cup	low-fat plain yogurt	125 mL
⅓ cup	finely diced red onion	75 mL
¼ cup	light mayonnaise	50 mL
6	radishes, thinly sliced	6
2 tbsp	chopped fresh dill (or 2 tsp/10 mL dried dillweed)	25 mL
½ tsp	each salt, pepper and hot pepper sauce	2 mL
12	leaves romaine lettuce	12

❧ In large pot of boiling salted water, cook pasta for 7 minutes. Add peas; cook until pasta is tender but firm, about 1 minute. Drain and rinse under cold water; shake out excess water.

❧ Meanwhile, in small bowl, flake salmon with fork, mashing in any bones; remove skin if desired. Set aside.

❧ In large bowl, stir together yogurt, onion, mayonnaise, radishes, dill, salt, pepper and hot pepper sauce.

❧ Tear 4 of the romaine lettuce leaves into bite-size pieces; add to large bowl along with pasta mixture and salmon. Toss to combine. To serve, spoon onto remaining lettuce leaves.

Makes 4 servings. PER SERVING: about 484 cal, 24 g pro, 10 g total fat (2 g sat. fat), 74 g carb, 6 g fibre, 26 mg chol, 985 mg sodium. % RDI: 18% calcium, 24% iron, 13% vit A, 25% vit C, 87% folate.

Steamed Fish with Shiitake Mushrooms



1½ cups	shredded napa cabbage	375 mL
1 lb	halibut, sea bass or salmon fillet	500 g
1 cup	finely sliced shiitake mushrooms	250 mL
¼ cup	thinly sliced green onions	50 mL
1 tbsp	julienned gingerroot	15 mL
¼ tsp	salt	1 mL
Pinch	white pepper	Pinch
4 tsp	soy sauce	20 mL
1½ tsp	cornstarch	7 mL
½ tsp	sesame oil	2 mL
	Coriander sprigs	

Scatter cabbage in shallow serving dish or pasta bowl large enough to fit in steamer. Add fish; top with shiitake, onions, ginger, salt and pepper. Cover and steam over high heat until fish flakes easily when tested, 16 to 18 minutes.

Pour off liquid from dish into saucepan; bring to boil over medium heat. Blend soy sauce, cornstarch and 1 tbsp (15 mL) water; add to pan and return to boil. Stir in sesame oil; pour over fish. Garnish with coriander.

Makes 4 servings. PER SERVING: about 149 cal, 25 g pro, 3 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 36 mg chol, 552 mg sodium. % RDI: 7% calcium, 11% iron, 8% vit A, 15% vit C, 17% folate.

SUBSTITUTION: To use dried instead of fresh shiitake mushrooms, soak 2 oz (60 g) in warm water until softened, 30 to 60 minutes; drain, reserving liquid. Slice mushrooms, discarding stems. Cook in 1 tbsp (15 mL) vegetable oil until lightly browned; scatter over fish and continue as in recipe. Add ¼ cup (50 mL) strained reserved mushroom liquid to sauce.

BACK TO RECIPES

Tarragon Monkfish Kabobs



3 tbsp	dry white wine	50 mL
3 tbsp	olive oil	50 mL
2 tbsp	minced oil-cured black olives	25 mL
1 tbsp	chopped fresh tarragon or basil (or ½ tsp/ 2 mL dried)	15 mL
2	cloves garlic, minced	2
¼ tsp	each salt and pepper	1 mL
1½ lb	monkfish fillets	750 g

In large bowl, whisk together wine, oil, olives, tarragon, garlic, salt and pepper.

Cut monkfish fillets into 1½-inch (4 cm) chunks; add to bowl and toss gently to coat fish. Leaving about ¼ inch (5 mm) between chunks, thread fish onto 6 skewers.

Place skewers on greased grill over medium-high heat; close lid and grill, turning once, until fish is opaque and flakes easily when tested, about 5 minutes.

Makes 6 servings. PER SERVING: about 133 cal, 17 g pro, 7 g total fat (1 g sat. fat), trace carb, trace fibre, 28 mg chol, 139 mg sodium. % RDI: 1% calcium, 4% iron, 1% vit A, 2% vit C, 4% folate.

TIP: For added flavour and a more colourful presentation, thread fresh bay leaves onto skewers between the fish chunks.

Tuna, Roasted Pepper and Arugula Fettuccine



12 oz	fresh fettuccine	375 g
2	cans (each 170 g) solid white tuna, drained	2
2	roasted red peppers, chopped	2
1	clove garlic, minced	1
½ tsp	pepper	2 mL
¼ tsp	salt	1 mL
¼ cup	extra-virgin olive oil	50 mL
2 tbsp	lemon juice	25 mL
1	bunch arugula, shredded	1

❧ In large pot of boiling salted water, cook fettuccine until tender but firm, about 3 minutes.

❧ Meanwhile, in large serving bowl, break tuna into chunks; add red peppers, garlic, pepper and salt. In small bowl, gradually whisk oil into lemon juice; pour half over tuna mixture and mix well.

❧ Reserving ½ cup (125 mL) cooking liquid, drain fettuccine; place fettuccine on tuna mixture. Pour remaining oil mixture over top; top with arugula and toss, adding reserved cooking liquid as desired to moisten.

Makes 4 servings. PER SERVING: about 484 cal, 29 g pro, 18 g total fat (3 g sat. fat), 53 g carb, 3 g fibre, 90 mg chol, 615 mg sodium. % RDI: 7% calcium, 16% iron, 33% vit A, 175% vit C, 76% folate.

Chicken Peanut Noodles



By the time the pasta is cooked, the chicken and sauce are ready to toss with it.

12 oz	whole wheat spaghetti	375 g
2	carrots, halved and sliced	2
2 tsp	vegetable oil	10 mL
2	boneless skinless chicken breasts, sliced	2
⅓ cup	hoisin sauce	75 mL
¼ cup	smooth peanut butter	50 mL
2 tbsp	cider vinegar	25 mL
1	clove garlic, minced	1
½ tsp	hot pepper sauce	2 mL
4 cups	shredded leaf lettuce (optional)	1 L
1½ cups	bean sprouts	375 mL
1 cup	chopped fresh coriander or parsley	250 mL
⅔ cup	thinly sliced red onion	150 mL
¼ cup	chopped roasted peanuts	50 mL

❧ In large pot of boiling salted water, cook pasta until tender but firm, about 8 minutes. Add carrots; cook for 30 seconds. Drain and rinse under cold water; set aside in colander.

❧ In large skillet, heat oil over medium-high heat; stir-fry chicken until browned and no longer pink inside, about 4 minutes.

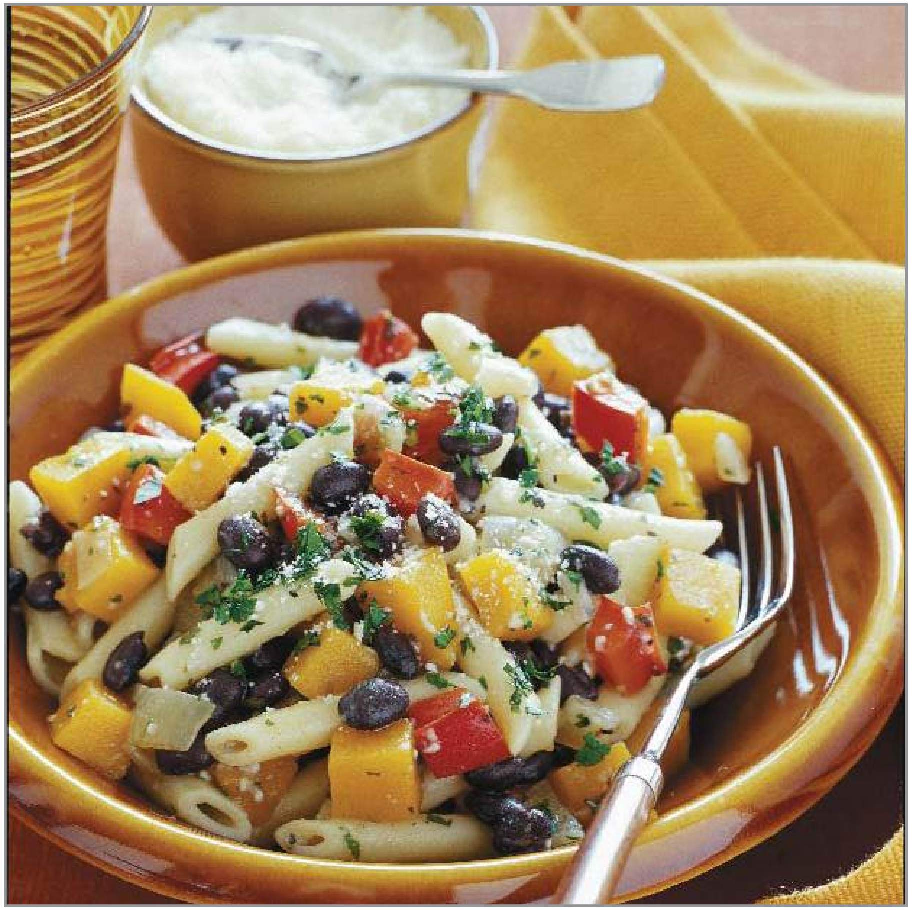
❧ In large bowl, whisk together ½ cup (125 mL) water, hoisin sauce, peanut butter, vinegar, garlic and hot pepper sauce until smooth. Add pasta mixture, chicken and any accumulated juices, lettuce (if using), bean sprouts, ¾ cup (175 mL) of the coriander and onion; toss to combine. Sprinkle with peanuts and remaining coriander.

Makes 4 servings. PER SERVING: about 624 cal, 37 g pro, 18 g total fat (3 g sat. fat), 86 g carb, 12 g fibre, 39 mg chol, 861 mg sodium. % RDI: 8% calcium, 31% iron, 93% vit A, 15% vit C, 34% folate.

Canadian Living

Penne with Squash and Black Beans

Weetabix



Balance this fibre-rich pasta with a nice plate of sliced tomatoes or a mixed green salad with ranch dressing.

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1	sweet red pepper, chopped	1
3 cups	cubed peeled butternut squash	750 mL
1½ tsp	crumbled dried sage	7 mL
¼ tsp	each salt and pepper	1 mL
¾ cup	vegetable stock	175 mL
1	can (19 oz/540 mL) black beans, drained and rinsed	1
3 cups	penne pasta	750 mL
⅓ cup	grated Parmesan cheese	75 mL
2 tbsp	chopped fresh parsley	25 mL

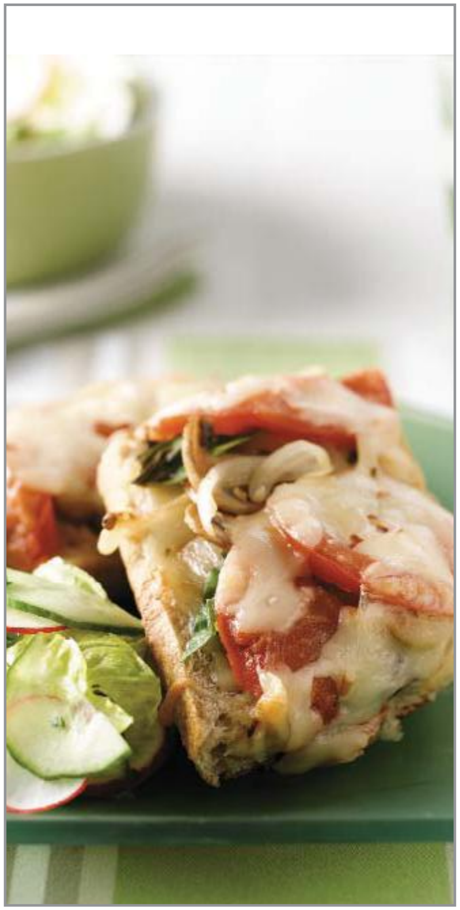
❧ In large skillet, heat oil over medium heat; fry onion, garlic, red pepper, squash, sage, salt and pepper, stirring occasionally, until onion is softened, about 5 minutes.

❧ Add stock and bring to boil; reduce heat, cover and simmer until squash is tender, about 12 minutes. Add black beans; heat through.

❧ Meanwhile, in large pot of boiling salted water, cook penne until tender but firm, about 8 minutes. Drain and return to pot, reserving ¾ cup (175 mL) cooking liquid. Add squash mixture and half of the cheese; toss to coat. Add enough of the cooking liquid to moisten, if necessary. Sprinkle with remaining cheese and parsley.

Makes 4 servings. PER SERVING: about 467 cal, 20 g pro, 8 g total fat (2 g sat. fat), 82 g carb, 13 g fibre, 7 mg chol, 1,014 mg sodium. % RDI: 21% calcium, 31% iron, 95% vit A, 122% vit C, 80% folate.

Smoky Tomato Baguette Pizza



With the same fat and calories as regular cheese, you get a flavour bonus with the smoked variety. Serve with Romaine Wedges (recipe follows).

1 tbsp	vegetable oil	15 mL
2	onions, sliced	2
2	cloves garlic, minced	2
3 cups	sliced mushrooms (8 oz/250 g)	750 mL
½ tsp	each salt and dried Italian herb seasoning	2 mL
¼ tsp	pepper	1 mL
1	baguette (24 inches/60 cm)	1
2 cups	shredded smoked mozzarella cheese	500 mL
⅔ cup	packed fresh basil	150 mL
2	tomatoes, sliced	2

❧ In skillet, heat oil over medium-high heat; sauté onions, garlic, mushrooms, salt, Italian seasoning and pepper until golden, about 6 minutes.

❧ Halve baguette lengthwise then crosswise; place on rimmed baking sheet. Sprinkle with half of the cheese; top with ½ cup (125 mL) of the basil, mushroom mixture, then tomatoes. Sprinkle with remaining cheese.

❧ Bake in 400°F (200°C) oven until cheese is melted, about 10 minutes. Cut remaining basil into strips; sprinkle over top. Cut into 8 pieces.

Makes 4 servings. PER SERVING: about 449 cal, 21 g pro, 20 g total fat (10 g sat. fat), 48 g carb, 5 g fibre, 51 mg chol, 956 mg sodium. % RDI: 37% calcium, 24% iron, 22% vit A, 30% vit C, 38% folate.

Romaine Wedges:

1	romaine heart, quartered	1
4	radishes, sliced	4
1	piece (2 inches/5 cm) English cucumber	1
2 tbsp	vegetable oil	25 mL
1 tbsp	chopped fresh parsley	15 mL
1 tbsp	red wine vinegar	15 mL
1 tsp	Dijon mustard	5 mL
Pinch	each salt and pepper	Pinch

❧ Place romaine quarters on plates; top with radishes. Halve cucumber lengthwise; thinly slice crosswise and arrange on salad.

❧ In small bowl, whisk together oil, parsley, vinegar, mustard, salt and pepper. Drizzle over salads.

Makes 4 servings. PER SERVING: about 73 cal, 1 g pro, 7 g total fat (1 g sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 24 mg sodium. % RDI: 2% calcium, 5% iron, 14% vit A, 27% vit C, 34% folate.

BACK TO RECIPES

Spinach Pesto with Fusilli and Goat Cheese



When the price of fresh basil for pesto causes sticker shock, this spinach-based one has the same colour and a pleasing flavour all on its own.

5 cups	fusilli pasta (1 lb/500 g)	1.25 L
3 cups	packed fresh spinach	750 mL
¼ cup	grated Parmesan cheese	50 mL
¼ cup	extra-virgin olive oil	50 mL
¼ cup	water	50 mL
½ tsp	each salt and pepper	2 mL
2	cloves garlic, minced	2
1	each sweet red and green pepper, chopped	1
½ cup	goat cheese, crumbled	125 mL

❧ In large pot of boiling salted water, cook pasta until tender but firm, about 10 minutes. Reserving ½ cup (125 mL) of the cooking liquid, drain and return to pot.

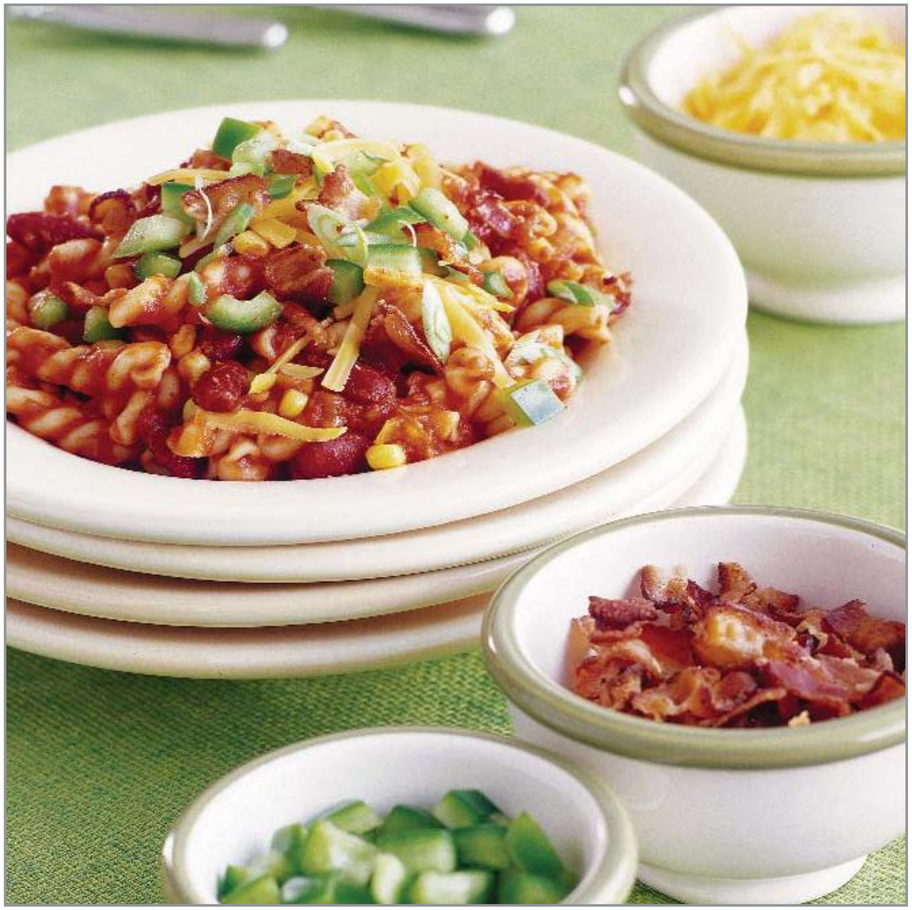
❧ Meanwhile, remove tough stems from spinach. In food processor, whirl together spinach, Parmesan cheese, oil, water, salt and pepper until smooth; stir in garlic. Add to pasta along with red and green peppers and reserved cooking water; toss to combine. Sprinkle with goat cheese.

Makes 4 servings. PER SERVING: about 604 cal, 20 g pro, 21 g total fat (6 g sat. fat), 83 g carb, 6 g fibre, 13 mg chol, 817 mg sodium. % RDI: 16% calcium, 29% iron, 51% vit A, 158% vit C, 106% folate.

BACK TO RECIPES

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Top-Your-Own Chili Pasta



This novel idea of pasta topped with chili is really appealing, especially for the kids, who get to choose their own toppings.

4	slices bacon, chopped	4
1	onion, chopped	1
2	cloves garlic, minced	2
1 tbsp	chili powder	15 mL
1 tsp	dried oregano	5 mL
1	can (28 oz/796 mL) crushed tomatoes	1
1	can (19 oz/540 mL) red kidney beans, drained and rinsed	1
1 cup	frozen corn kernels	250 mL
¼ tsp	granulated sugar	1 mL
1½ cups	short pasta	375 mL
2	green onions, sliced	2
1	sweet green pepper, diced	1
1 cup	shredded Cheddar cheese	250 mL

❧ In saucepan, fry bacon over medium-high heat until crisp, about 5 minutes. Set aside on paper towel.

❧ Pour off fat from pan. Fry onion, garlic, chili powder and oregano over medium heat until softened, about 4 minutes. Stir in tomatoes, kidney beans, corn and sugar; bring to boil. Reduce heat and simmer until thickened, about 20 minutes.

❧ Meanwhile, in large pot of boiling salted water, cook pasta until tender but firm, about 8 minutes; drain and return to pot. Add sauce; toss to coat. Serve with separate bowls of bacon, green onions, green pepper and cheese to sprinkle over top as desired.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 334 cal, 16 g pro, 10 g total fat (5 g sat. fat), 47 g carb, 10 g fibre, 24 mg chol, 662 mg sodium. % RDI: 20% calcium, 27% iron, 21% vit A, 57% vit C, 45% folate.

Pasta Puttanesca

Healthy Eating

125+ Good-for-You RECIPES

2 tbsp	olive oil	25 mL
4	cloves garlic, minced	4
½ tsp	dried oregano	2 mL
¼ tsp	hot pepper flakes	1 mL
4	anchovy fillets, chopped	4
1	can (28 oz/796 mL) tomatoes	1
½ cup	oil-cured olives, pitted and halved	125 mL
2 tbsp	rinsed drained capers	25 mL
¼ cup	chopped fresh Italian parsley	50 mL
12 oz	spaghetti	375 g

❧ In large skillet, heat oil over medium heat; cook garlic, oregano, hot pepper flakes and anchovies, stirring occasionally, just until garlic starts to colour, about 3 minutes.

❧ Add tomatoes, breaking up with spoon. Add olives and capers; bring to boil. Reduce heat and simmer until thickened to consistency of salsa, 10 minutes. *(Make-ahead: Let cool. Refrigerate in airtight container for up to 2 days or freeze for up to 1 month. Reheat to serve.)* Stir in chopped parsley.

❧ Meanwhile, in large pot of boiling salted water, cook pasta until tender but firm, 8 to 10 minutes; drain and return to pot. Add sauce; toss to coat.

Makes 4 servings. PER SERVING: about 488 cal, 14 g pro, 15 g total fat (2 g sat. fat), 75 g carb, 7 g fibre, 3 mg chol, 1,327 mg sodium. % RDI: 9% calcium, 28% iron, 14% vit A, 37% vit C, 61% folate.

BACK TO RECIPES

Roasted Pepper and Spinach Pasta



5 cups	penne pasta (1 lb/500 g)	1.25 L
¼ cup	extra-virgin olive oil	50 mL
4	cloves garlic, minced	4
1	jar (313 mL) roasted red peppers, drained and cut in thin strips	1
1	bunch spinach, arugula or broccoli (12 oz/375 g), trimmed	1
⅓ cup	grated Parmesan cheese	75 mL
¼ tsp	salt	1 mL

In large pot of boiling salted water, cook pasta until tender but firm, 8 minutes; drain and return to pot.

Meanwhile, in skillet, heat oil over medium heat; cook garlic for 30 seconds. Add red peppers and spinach; cover and cook until spinach is wilted, 3 minutes. Add to pasta along with cheese and salt; toss to coat.

Makes 4 servings. PER SERVING: about 609 cal, 20 g pro, 18 g total fat (4 g sat. fat), 91 g carb, 7 g fibre, 7 mg chol, 650 mg sodium. % RDI: 22% calcium, 39% iron, 77% vit A, 118% vit C, 124% folate.

BACK TO RECIPES

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Two-Layer Baked Pasta

Healthy Eating

125+ Good-for-You RECIPES

5 cups	Scoobi-Do (cavatappi) pasta (1 lb/500 g)	1.25 L
1	pkg (10 oz/284 g) fresh spinach, trimmed	1
1	can (14 oz/398 mL) artichoke hearts, drained, rinsed and halved	1
1½ cups	shredded Fontina or mozzarella cheese	375 mL

SAUSAGE SAUCE:

12 oz	mild or spicy Italian sausages	375 g
1	onion, chopped	1
2	cloves garlic, minced	2
1	carrot, finely diced	1
1	stalk celery, finely diced	1
1½ tsp	dried oregano	7 mL
¼ tsp	each salt and pepper	1 mL
1	can (28 oz/796 mL) diced tomatoes	1
¼ cup	tomato paste	50 mL

BÉCHAMEL SAUCE:

2 tbsp	butter	25 mL
¼ cup	all-purpose flour	50 mL
2¼ cups	milk	550 mL
¼ cup	grated Parmesan cheese	50 mL
¼ tsp	salt	1 mL
Pinch	each pepper and nutmeg	Pinch

SAUSAGE SAUCE: Remove casings from sausage. In large skillet, cook sausages over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes. Drain off fat.

Add onion, garlic, carrot, celery, oregano, salt and pepper to pan; cook over medium heat, stirring occasionally, until onion is softened, about 5 minutes. Add tomatoes and tomato paste; bring to boil. Reduce heat and simmer until spoon scraped across bottom of pan leaves gap that fills in slowly, about 25 minutes.

BÉCHAMEL SAUCE: Meanwhile, in saucepan, melt butter over medium heat; whisk in flour and cook, whisking, for 1 minute. Add milk, ½ cup (125 mL) at a time, whisking constantly; cook, whisking, until bubbly and thickened, about 15 minutes. Stir in Parmesan, salt, pepper and nutmeg.

In large pot of boiling salted water, cook pasta until tender but firm, 8 to 10 minutes. Coarsely chop spinach and add to pot; drain.

Arrange half of the pasta mixture in 13- x 9-inch (3 L) glass baking dish. Spoon sausage sauce over top; sprinkle with artichoke hearts. Top with remaining pasta mixture. Pour béchamel sauce over top; sprinkle with shredded Fontina cheese. (Make-ahead: Let cool for 30 minutes; chill in refrigerator. Cover and refrigerate for up to 8 hours. Or wrap in heavy-duty foil and freeze for up to 2 weeks; thaw in refrigerator and add about 10 minutes to baking time.)

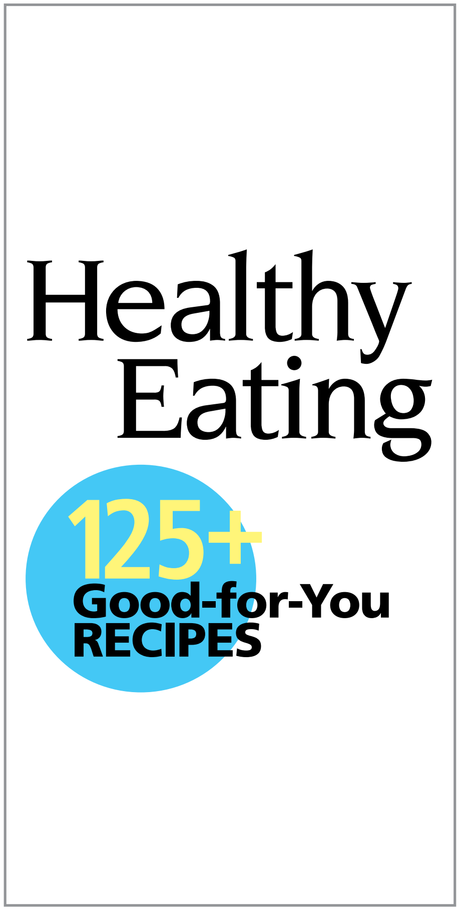
Bake in 375°F (190°C) oven until bubbly and golden, about 25 minutes. Let stand for 10 minutes before serving.

Makes 6 to 8 servings. PER EACH OF 8 SERVINGS: about 533 cal, 27 g pro, 20 g total fat (10 g sat. fat), 63 g carb, 7 g fibre, 61 mg chol, 1,216 mg sodium. % RDI: 33% calcium, 32% iron, 75% vit A, 43% vit C, 74% folate.

Canadian Living

Jerk Pork Chops

Weetabix



Think of chops as canvasses that the cook can embellish with flavour. Serve with Peas, Pepper and Rice (recipe follows).

1 tbsp	each soy sauce, orange juice and extra-virgin olive oil	15 mL
2	cloves garlic, minced	2
3	green onions, minced	3
1 tsp	each ground allspice and dried thyme	5 mL
¼ tsp	each salt and pepper	1 mL
¼ tsp	ground ginger	1 mL
Pinch	cayenne pepper	Pinch
4	pork loin centre chops	4

❧ In bowl, combine soy sauce, orange juice, oil, garlic, green onions, allspice, thyme, salt, pepper, ginger and cayenne; rub on both sides of pork chops.

❧ In small roasting pan, roast pork in 375°F (190°C) oven, turning halfway through, until juices run clear when pork is pierced and just a hint of pink remains inside, about 18 minutes.

Makes 4 servings. PER SERVING: about 190 cal, 21 g pro, 10 g total fat (3 g sat. fat), 3 g carb, 1 g fibre, 58 mg chol, 453 mg sodium. % RDI: 3% calcium, 10% iron, 1% vit A, 7% vit C, 5% folate.

Peas, Pepper and Rice:

1 tbsp	vegetable oil	15 mL
1	small onion, chopped	1
1	sweet red pepper, chopped	1
¾ cup	parboiled rice	175 mL
1½ cups	chicken stock	375 mL
¼ tsp	each cinnamon, salt and pepper	1 mL
¾ cup	frozen peas	175 mL

❧ In saucepan, heat oil over medium-high heat; fry onion, stirring occasionally, until softened, about 3 minutes. Add red pepper and rice; stir for 1 minute.

❧ Add stock, cinnamon, salt and pepper; bring to boil. Reduce heat, cover and simmer until rice is tender and liquid is absorbed, 20 minutes. With fork, stir in peas; heat through.

Makes 4 servings. PER SERVING: about 207 cal, 6 g pro, 4 g total fat (1 g sat. fat), 35 g carb, 2 g fibre, 0 mg chol, 460 mg sodium. % RDI: 4% calcium, 7% iron, 12% vit A, 87% vit C, 12% folate.

Lamb Burgers with Hummus



This spread is good paired with pita bread and crudités.

1	egg	1
1	small onion, grated	1
½ cup	minced fresh parsley	125 mL
¼ cup	dry bread crumbs	50 mL
½ tsp	dried oregano	2 mL
1	clove garlic, minced	1
¼ tsp	each salt and pepper	1 mL
1 lb	lean ground lamb or beef	500 g
1	focaccia bread	1
½ cup	hummus	125 mL
1 cup	alfalfa sprouts	250 mL

❧ In large bowl, beat egg with 2 tbsp (25 mL) water. Stir in onion, parsley, bread crumbs, oregano, garlic, salt and pepper; mix in lamb. Shape into four ¾-inch (2 cm) thick patties.

❧ Place patties on greased grill over medium heat or under broiler; close lid and grill, turning once, until digital thermometer inserted sideways into centre reads 160°F (71°C), about 18 minutes.

❧ Meanwhile, cut focaccia bread horizontally in half; cut into quarters. Top each patty with hummus and alfalfa sprouts. Sandwich in focaccia.

Makes 4 servings. PER SERVING: about 572 cal, 34 g pro, 20 g total fat (7 g sat. fat), 64 g carb, 7 g fibre, 126 mg chol, 1,045 mg sodium. % RDI: 6% calcium, 54% iron, 6% vit A, 22% vit C, 45% folate.

Canadian Living

Pork and Apple Kabobs

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

For lean boneless pork, choose pork rib eye roast, pork sirloin roast or pork loin centre roast. Serve with Broccoli Slaw (recipe follows).

2 tbsp	vegetable oil	25 mL
2 tbsp	cider vinegar	25 mL
2 tsp	Dijon mustard	10 mL
½ tsp	dried thyme	2 mL
¼ tsp	each salt and pepper	1 mL
1 lb	lean boneless pork	500 g
2	small apples	2

❧ In small bowl, whisk together oil, vinegar, mustard, thyme, salt and pepper; set aside. Cut pork into 1-inch (2.5 cm) cubes. Cut apples into quarters; core and cut each quarter in half crosswise. Alternately thread pork and apples onto 8 skewers.

❧ Brush vinegar mixture over kabobs. Place on greased grill over medium heat or under broiler. Close lid and grill, turning 4 times, until juices run clear when pork is pierced and just a hint of pink remains inside, about 12 minutes.

Makes 4 servings. PER SERVING: about 238 cal, 23 g pro, 12 g total fat (3 g sat. fat), 9 g carb, 1 g fibre, 61 mg chol, 228 mg sodium. % RDI: 3% calcium, 9% iron, 5% vit C, 2% folate.

Broccoli Slaw:

¼ cup	buttermilk or plain yogurt	50 mL
3 tbsp	light mayonnaise	50 mL
1 tbsp	cider vinegar	15 mL
1 tsp	Dijon mustard	5 mL
¼ tsp	each granulated sugar, salt and pepper	1 mL
3 cups	broccoli slaw or coleslaw mix	750 mL
½ cup	sliced snow peas	125 mL
¼ cup	chopped red onion	50 mL

❧ In bowl, whisk together buttermilk, mayonnaise, vinegar, mustard, sugar, salt and pepper. Add broccoli slaw, snow peas and onion; toss to combine.

Makes 4 servings. PER SERVING: about 71 cal, 3 g pro, 4 g total fat (1 g sat. fat), 8 g carb, 2 g fibre, 4 mg chol, 277 mg sodium. % RDI: 5% calcium, 6% iron, 21% vit A, 107% vit C, 23% folate.

Pork Chops with Glazed Carrots



One of the secrets of easy meals is reducing the pots and pans you have to wash. Here, the skillet does double duty with the mustard-rubbed chops then the glazed carrots.

4	pork loin centre chops	4
½ tsp	dry mustard	2 mL
¼ tsp	each salt and pepper	1 mL
1 tbsp	vegetable oil	15 mL
8	carrots (1 lb/500 g), thinly sliced	8
2	cloves garlic, minced	2
½ cup	chicken stock	125 mL
2 tbsp	wine vinegar	25 mL
2 tbsp	hot pepper jelly	25 mL
⅓ cup	chopped pecans	75 mL
1 tbsp	minced fresh parsley	15 mL

❧ Season pork with mustard and pinch each of the salt and pepper. In nonstick skillet, heat oil over medium-high heat; fry pork, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, about 8 minutes. Transfer to plate; cover and keep warm.

❧ Drain off any fat in pan. Add carrots, garlic, chicken stock, vinegar and remaining salt and pepper; bring to boil. Cover and simmer over medium heat for 6 minutes. Uncover and boil over high heat, tossing occasionally, until carrots are tender and liquid is almost evaporated, about 4 minutes.

❧ Stir in hot pepper jelly; cook, turning carrots, until glazed and jelly is melted. Stir in nuts and parsley. Serve with chops.

Makes 4 servings. PER SERVING: about 368 cal, 24 g pro, 20 g total fat (4 g sat. fat), 25 g carb, 5 g fibre, 61 mg chol, 392 mg sodium. % RDI: 7% calcium, 16% iron, 364% vit A, 10% vit C, 13% folate.

Pork Tenderloin with Lime-Beer Marinade



This marinade gives pork a smoky taste and also makes a dandy sauce. But to be safe to eat, it can't have touched the raw meat. Reserve ⅓ cup (75 mL) of the marinade before adding the pork to the remainder and bring to a boil to mellow flavours. Instead of grilling the tenderloin, you can roast it in a 375°F (190°C) oven for about 30 minutes.

½ cup	beer or nonalcoholic beer	125 mL
⅓ cup	lime juice	75 mL
2	cloves garlic, minced	2
2 tbsp	minced fresh parsley	25 mL
1 tsp	chili powder	5 mL
½ tsp	ground cumin	2 mL
¼ tsp	ground coriander	1 mL
¼ tsp	each salt and pepper	1 mL
2	pork tenderloins	2

❧ In large bowl, whisk together beer, lime juice, garlic, parsley, chili powder, cumin, coriander, salt and pepper. Add pork; turn to coat. Cover and marinate in refrigerator for 4 hours.

❧ Place pork on greased grill over medium-high heat; brush with any remaining marinade. Close lid and grill, turning pork occasionally, until meat thermometer registers 160°F (71°C) and just a hint of pink remains inside, about 18 minutes.

❧ Transfer to cutting board; tent with foil and let stand for 5 minutes before slicing.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 157 cal, 28 g pro, 3 g total fat (1 g sat. fat), 2 g carb, trace fibre, 61 mg chol, 154 mg sodium. % RDI: 1% calcium, 12% iron, 2% vit A, 5% vit C, 4% folate.

Canadian Living

Stuffed Pork Tenderloin

Weetabix



Pork tenderloin says company fare, but it's quick and inexpensive enough for weeknights. To roast, brown it in a skillet, then pop it into a 375°F (190°C) oven for about 30 minutes. Double up on the tenderloin for big appetites. Serve with Warm Potato Salad (recipe follows).

1	pork tenderloin	1
2 tbsp	grated Parmesan cheese	25 mL
2 tbsp	minced fresh parsley	25 mL
¼ tsp	each salt and pepper	1 mL
⅓ cup	minced drained oil-packed sun-dried tomatoes	75 mL

❧ Cut pork in half lengthwise almost but not all the way through; open like book. Sprinkle with cheese, parsley, salt and pepper. Sprinkle tomatoes down centre. Fold pork over filling; secure with toothpicks.

❧ Place on greased grill over medium-high heat; close lid and grill, turning occasionally, until meat thermometer registers 160°F (71°C) and just a hint of pink remains inside, about 18 minutes. Transfer to cutting board; tent with foil and let stand for 5 minutes before slicing.

Makes 2 to 4 servings. PER EACH OF 4 SERVINGS: about 250 cal, 43 g pro, 7 g total fat (2 g sat. fat), 2 g carb, 1 g fibre, 98 mg chol, 307 mg sodium. % RDI: 5% calcium, 18% iron, 3% vit A, 20% vit C, 5% folate.

Warm Potato Salad:

4	potatoes (2 lb/1 kg)	4
¼ cup	extra-virgin olive oil	50 mL
2 tbsp	wine vinegar	25 mL
1 tbsp	Dijon mustard	15 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
½ cup	each diced celery and sweet green pepper	125 mL
2 tbsp	chopped fresh basil or parsley	25 mL

❧ Peel potatoes if desired; cube. In saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain and transfer to bowl; let cool for 10 minutes.

❧ Meanwhile, in small bowl, whisk together oil, vinegar, mustard, salt and pepper; pour over potatoes. Add celery, green pepper and basil; toss to coat.

Makes 4 servings. PER SERVING: about 274 cal, 3 g pro, 14 g total fat (2 g sat. fat), 36 g carb, 3 g fibre, 0 mg chol, 750 mg sodium. % RDI: 3% calcium, 6% iron, 2% vit A, 50% vit C, 11% folate.

Spiced Pork Stew

Healthy Eating

125+ Good-for-You RECIPES

1 tbsp	pickling spices	15 mL
1	bay leaf	1
2 lb	pork shoulder butt	1 kg
½ tsp	each salt and pepper	2 mL
2 tbsp	vegetable oil	25 mL
1	onion, sliced	1
2	stalks celery, chopped	2
2 cups	quartered mushrooms	500 mL
2	cloves garlic, minced	2
⅓ cup	tomato paste	75 mL
1 cup	dry red wine	250 mL
1	can (28 oz/796 mL) stewed tomatoes	1
2 tbsp	finely chopped fresh mint	25 mL
2 tbsp	chopped fresh parsley	25 mL

❧ Cut 5-inch (12 cm) double-thickness square of cheesecloth. Place pickling spices and bay leaf in centre; tie with string into bundle. Set aside.

❧ Trim and cut pork into 1-inch (2.5 cm) cubes; toss with salt and pepper. In large shallow Dutch oven, heat oil over medium-high heat; brown pork, in batches. Remove to plate.

❧ Drain any fat from pan. Add onion, celery, mushrooms and garlic; fry over medium heat, stirring occasionally, until softened, about 5 minutes. Add tomato paste; cook, stirring, for 2 minutes. Stir in wine, tomatoes and ½ cup (125 mL) water, breaking up tomatoes with spoon. Return pork and any accumulated juices to pan. Add spice bundle; bring to boil.

❧ Reduce heat, cover and simmer until pork is tender, about 2 hours. Discard spice bundle. *(Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, in shallow container until cold. Cover and refrigerate for up to 2 days or freeze for up to 3 weeks. Thaw in refrigerator. Reheat.)* Stir in mint. Sprinkle with parsley.

Makes 6 servings. PER SERVING: about 293 cal, 28 g pro, 13 g total fat (3 g sat. fat), 16 g carb, 3 g fibre, 76 mg chol, 662 mg sodium. % RDI: 9% calcium, 26% iron, 12% vit A, 48% vit C, 11% folate

BACK TO RECIPES

Canadian Living

Tenderloin and Pita Salad



When you want to speed up the grilling of pork tenderloin, split it in half and open like a book. It takes just as long as it does to grill chicken breasts.

2	pork tenderloins	2
2 tbsp	hoisin sauce	25 mL
¼ tsp	each salt and pepper	1 mL
3	whole wheat pitas	3
1	orange	1
6 cups	coarsely chopped leaf lettuce (about 1 small head)	1.5 L
4	green onions, thinly sliced	4
½ cup	chopped fresh parsley	125 mL
1	tomato, chopped (or avocado, peeled, pitted and cubed)	1
DRESSING:		
¼ cup	extra-virgin olive oil	50 mL
2 tbsp	grated orange rind	25 mL
¼ cup	orange juice	50 mL
¼ tsp	each salt and pepper	1 mL

❧ Cut pork in half lengthwise almost but not all the way through; open like book. In bowl, combine hoisin sauce, salt and pepper; brush over pork.

❧ Place pork on greased grill over medium-high heat or under broiler; close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, about 10 minutes. Transfer pork to cutting board and tent with foil; let stand for about 5 minutes before slicing.

❧ Meanwhile, add pitas to grill or broiler; close lid and grill, turning once, until grill marked, 4 minutes. Cut into ½-inch (1 cm) triangles. Cut rind and membrane from orange; thinly slice crosswise.

❧ DRESSING: In large bowl, whisk together oil, orange rind and juice, salt and pepper. Add pitas, lettuce, onions, parsley, tomato and orange; toss gently. Top with pork. **Makes 6 servings.** PER SERVING: about 353 cal, 32 g pro, 14 g total fat (3 g sat. fat), 27 g carb, 5 g fibre, 61 mg chol, 499 mg sodium. % RDI: 7% calcium, 27% iron, 16% vit A, 70% vit C, 35% folate.

Stir-Fried Broccoli and Pork



1	bunch broccoli	1
1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
2 tbsp	fish sauce	25 mL
2 tsp	Thai red curry paste	10 mL
8 oz	lean ground pork	250 g
1 tsp	granulated sugar	5 mL
½ cup	fresh mint leaves	125 mL

❧ Trim florets from broccoli and cut into bite-size pieces; peel stems and slice. In large pot of boiling salted water, cook broccoli until tender-crisp, about 5 minutes. Drain and chill in cold water; drain again and set aside.

❧ In wok or large skillet, heat oil over medium heat; cook onion and garlic until softened, about 5 minutes. Stir in fish sauce and curry paste. Increase heat to medium-high and add pork; brown, stirring, until no longer pink.

❧ Add sugar and broccoli; cook, stirring, until broccoli is tender, about 5 minutes. Stir in mint leaves.

Makes 4 servings. PER SERVING: about 220 cal, 15 g pro, 14 g total fat (3 g sat. fat), 11 g carb, 4 g fibre, 33 mg chol, 756 mg sodium. % RDI: 7% calcium, 14% iron, 19% vit A, 148% vit C, 34% folate.

Broiled Cumin Chicken with Zucchini



One chicken breast is often more than a 4 oz (125 g) serving. If you get only two or three breasts to a pound (500 g), just slice after cooking to divide into four portions.

1 tbsp	lemon juice	15 mL
2 tsp	vegetable oil	10 mL
1 tsp	each ground cumin and chili powder	5 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
1 lb	boneless skinless chicken breasts	500 g
1½ cups	each shredded zucchini and carrots	375 mL
1	green onion, chopped	1

❧ In small bowl, mix 1 tsp (5 mL) each of the lemon juice and oil; stir in cumin, chili powder and half each of the salt and pepper to form thin paste.

❧ Place chicken on greased broiler pan; brush with half of the paste. Turn and brush with remaining paste. Broil, turning once, until no longer pink inside, about 12 minutes. Transfer to cutting board and tent with foil; let stand for 10 minutes before slicing.

❧ In bowl, combine remaining lemon juice, oil, salt and pepper. Add zucchini, carrots and green onion; toss to coat. Mound on plates; top with chicken.

Makes 4 servings. PER SERVING: about 175 cal, 27 g pro, 4 g total fat (1 g sat. fat), 7 g carb, 2 g fibre, 67 mg chol, 369 mg sodium. % RDI: 3% calcium, 10% iron, 120% vit A, 17% vit C, 10% folate.

BACK TO RECIPES

Garlic Chicken Livers with Red Pepper Spinach

Healthy Eating

125+ Good-for-You RECIPES

Chicken livers are an excellent source of highly absorbable iron.

12 oz	chicken livers	375 g
2 tbsp	vegetable oil	25 mL
1	onion, sliced	1
3	cloves garlic, thinly sliced	3
½ tsp	each dried thyme, salt and pepper	2 mL
1	sweet red pepper, diced	1
1 cup	chicken stock	250 mL
1 tbsp	cornstarch	15 mL
1 tsp	red wine vinegar	5 mL
4 cups	fresh baby spinach	1 L

❧ Rinse chicken livers and pat dry; remove any fat and connective tissue. Cut into 1-inch (2.5 cm) pieces. In large skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; stir-fry livers until browned and still slightly pink inside, about 4 minutes. Remove to plate; keep warm.

❧ Add remaining oil to pan; fry onion, garlic, thyme, salt and pepper over medium heat until onion is softened, about 4 minutes. Add red pepper; cook for 2 minutes.

❧ Whisk stock, cornstarch and vinegar; add to pan and bring to boil. Reduce heat and simmer until thickened, about 3 minutes. Return livers to pan; heat through. Divide spinach among plates; spoon liver mixture over top.

Makes 4 servings. PER SERVING: about 222 cal, 19 g pro, 11 g total fat (2 g sat. fat), 13 g carb, 3 g fibre, 373 mg chol, 588 mg sodium. % RDI: 9% calcium, 70% iron, 478% vit A, 162% vit C, 240% folate.

Grilled Chicken Niçoise Salad



Although Nice is in France, its namesake ingredients (olives, tomatoes and olive oil) are familiar in salads the world over.

4	boneless skinless chicken breasts	4
8 oz	green beans, trimmed	250 g
2	tomatoes, cut into 8 wedges each	2
4 cups	torn Boston or Bibb lettuce	1 L
⅓ cup	pitted black olives	75 mL
FRENCH DRESSING:		
¼ cup	extra-virgin olive oil	50 mL
2 tbsp	white wine vinegar	25 mL
2 tsp	lemon juice	10 mL
1 tsp	granulated sugar	5 mL
½ tsp	herbes de Provence or dried thyme	2 mL
½ tsp	paprika	2 mL
¼ tsp	each salt and pepper	1 mL

❧ **FRENCH DRESSING:** In jar with lid, shake oil, vinegar, lemon juice, sugar, herbs, paprika, salt and pepper. Pour 3 tbsp (50 mL) into bowl; add chicken and turn to coat. Marinate for 10 minutes.

❧ Place chicken on greased grill over medium-high heat or under broiler; close cover and grill, turning once, until no longer pink inside, about 12 minutes. Thinly slice.

❧ Meanwhile, in saucepan of boiling salted water, cover and blanch green beans until tender-crisp, about 2 minutes. Drain and chill in cold water; drain well.

❧ In large bowl, toss together green beans, tomato wedges, lettuce, olives and remaining dressing; divide salad among plates. Arrange chicken alongside.

Makes 4 servings. PER SERVING: about 301 cal, 28 g pro, 17 g total fat (3 g sat. fat), 11 g carb, 3 g fibre, 67 mg chol, 425 mg sodium. % RDI: 6% calcium, 16% iron, 15% vit A, 37% vit C, 32% folate.

Canadian Living

Sesame Chicken Salad

Weetabix



This satisfying, crunchy-fresh salad with chicken has great family appeal.

1 tbsp	sesame oil	15 mL
4	boneless skinless chicken breasts	4
½ tsp	each salt and pepper	2 mL
¼ cup	light mayonnaise	50 mL
2	cloves garlic, minced	2
1 tbsp	lemon juice	15 mL
1 tsp	Dijon mustard	5 mL
½ tsp	anchovy paste	2 mL
Half	English cucumber (6 inches/15 cm)	Half
4 cups	torn romaine lettuce	1 L
4	radishes, thinly sliced	4
2	green onions, thinly sliced	2
½ cup	sesame breadsticks (2 inches/5 cm) or croutons	125 mL

❧ Brush 2 tsp (10 mL) of the oil over chicken; season with half each of the salt and pepper. Place on greased grill over medium-high heat or under broiler; close lid and grill, turning once, until no longer pink inside, about 12 minutes. *(Make-ahead: Let cool; wrap and refrigerate for up to 24 hours.)* Cut into thin strips.

❧ Meanwhile, in large bowl, whisk together mayonnaise, garlic, lemon juice, mustard, anchovy paste and remaining oil, salt and pepper. Peel and halve cucumber lengthwise; with spoon, scoop out fleshy core. Thinly slice crosswise and add to bowl. Add lettuce, radishes, onions, breadsticks and chicken; toss to coat.

Makes 4 servings. PER SERVING: about 276 cal, 33 g pro, 11 g total fat (2 g sat. fat), 10 g carb, 2 g fibre, 84 mg chol, 549 mg sodium. % RDI: 5% calcium, 14% iron, 16% vit A, 35% vit C, 46% folate.

BACK TO RECIPES

Sweet-and-Sour Chicken Stir-Fry with Bean Sprouts

A little chicken goes a long way with a wealth of healthy vegetables in a sweet-and-sour sauce, which is perfect over rice.

12 oz	boneless skinless chicken thighs or breasts	375 g
4 tsp	cornstarch	20 mL
1 tbsp	soy sauce	15 mL
¼ tsp	pepper	1 mL
4	green onions	4
2	carrots	2
1	sweet red or yellow pepper	1
¾ cup	chicken stock	175 mL
2 tbsp	rice or cider vinegar	25 mL
2 tbsp	ketchup	25 mL
4 tsp	granulated sugar	20 mL
¼ tsp	salt	1 mL
4 cups	bean sprouts	1 L
2 tbsp	vegetable oil	25 mL
⅓ cup	blanched almonds	75 mL
2	cloves garlic, minced	2
½ tsp	sesame oil	2 mL

Cut chicken into bite-size pieces. In bowl, mix together chicken, 2 tsp (10 mL) of the cornstarch, 1 tsp (5 mL) of the soy sauce and pepper until chicken is coated. Set aside.

Cut onions into 1-inch (2.5 cm) lengths. Thinly slice carrots. Seed, core and cut red pepper into 1-inch (2.5 cm) chunks. Set aside.

In small bowl, dissolve remaining cornstarch in remaining soy sauce; stir in stock, vinegar, ketchup, sugar and salt until sugar is dissolved. Set aside.

In microwaveable bowl, cover and microwave bean sprouts and 1 tbsp (15 mL) water on high for 3 minutes; drain and transfer to serving plate.

In wok or skillet, heat oil over high heat; stir-fry chicken and almonds, in batches, until lightly browned, about 2 minutes per batch. Remove with slotted spoon; set aside.

Add garlic, green onions, carrots and red pepper to wok; stir-fry just until pepper and carrots are tender, about 3 minutes. Add chicken mixture; stir-fry for 30 seconds.

Add stock mixture and bring to boil; cook until thickened and juices run clear when chicken is pierced, about 2 minutes. Stir in sesame oil. Pour over bean sprouts.

Makes 6 servings. PER SERVING: about 237 cal, 17 g pro, 12 g total fat (2 g sat. fat), 17 g carb, 3 g fibre, 47 mg chol, 506 mg sodium. % RDI: 5% calcium, 15% iron, 70% vit A, 73% vit C, 22% folate.

20-Minute Chicken Goulash



Inspired by the long-simmering Hungarian stew, this creamy goulash (which is at its finest with real Hungarian paprika) is quick, easy and full of robust flavour. Serve it over egg noodles or spaetzle.

½ tsp	caraway seeds	2 mL
1 lb	boneless skinless chicken breasts	500 g
2 tbsp	vegetable oil	25 mL
3 cups	sliced mushrooms (8 oz/250 g)	750 mL
1	onion, chopped	1
1	sweet green pepper, chopped	1
4	cloves garlic, minced	4
1 tbsp	paprika	15 mL
½ tsp	each salt, pepper and dried thyme	2 mL
3 tbsp	all-purpose flour	50 mL
1⅓ cups	chicken stock	325 mL
¼ cup	tomato paste	50 mL
¼ cup	chopped fresh parsley	50 mL
¼ cup	light sour cream	50 mL

❧ Using mortar and pestle or side of knife, crush caraway seeds; set aside.

❧ Cut chicken into ¾-inch (2 cm) chunks. In Dutch oven, heat half of the oil over medium-high heat; fry chicken, in batches, until browned outside and no longer pink inside, about 4 minutes. Remove to bowl.

❧ Add remaining oil to pan. Fry mushrooms, onion, green pepper, garlic, paprika, salt, pepper, thyme and caraway seeds over medium heat, stirring occasionally, until onion is softened, about 5 minutes. Add flour; cook, stirring, for 1 minute. Stir in stock and tomato paste; cook, stirring often, until thick enough to coat back of spoon, about 5 minutes.

❧ Return chicken and any accumulated juices to pan. Add parsley and sour cream; stir until heated through.

Makes 4 servings. PER SERVING: about 293 cal, 32 g pro, 11 g total fat (2 g sat. fat), 18 g carb, 3 g fibre, 68 mg chol, 637 mg sodium. % RDI: 7% calcium, 22% iron, 19% vit A, 60% vit C, 15% folate.

Chicken Chow Mein



1	pkg (14 oz/400 g) fresh chow mein noodles	1
¼ cup	oyster sauce	50 mL
2 tbsp	soy sauce	25 mL
1 tbsp	sesame oil	15 mL
8 oz	boneless skinless chicken breasts or thighs	250 g
2 tbsp	vegetable oil	25 mL
1	onion, sliced	1
2	cloves garlic, minced	2
2 tsp	grated gingerroot	10 mL
4 cups	chopped broccoli	1 L
4 oz	snow peas, trimmed	125 g
1	sweet yellow pepper, cut in matchstick-size strips	1
½ cup	chicken stock	125 mL
1 cup	bean sprouts	250 mL
1	green onion, sliced	1

❧ In large saucepan of boiling water, cook noodles until tender, about 2 minutes. Drain and rinse under cold water; drain well and set aside in colander.

❧ Meanwhile, in bowl, whisk together oyster sauce, soy sauce and sesame oil. Thinly slice chicken crosswise; add to bowl, tossing to coat.

❧ In large wok or skillet, heat 1 tbsp (15 mL) of the vegetable oil over high heat; stir-fry chicken mixture for 2 minutes. Transfer to plate.

❧ Add remaining oil to pan; reduce heat to medium. Add onion, garlic and ginger; stir-fry for 2 minutes. Add broccoli, snow peas, yellow pepper and 2 tbsp (25 mL) water; cover and steam for 3 minutes. Add noodles and stock; stir-fry until hot. Return chicken and any accumulated juices to pan; add bean sprouts and toss to combine. Serve sprinkled with green onion.

Makes 4 servings. PER SERVING: about 524 cal, 31 g pro, 14 g total fat (2 g sat. fat), 70 g carb, 6 g fibre, 105 mg chol, 1,122 mg sodium. % RDI: 8% calcium, 34% iron, 15% vit A, 213% vit C, 100% folate.

BACK TO RECIPES

Chicken Fingers with Sweet Potato Oven Fries



16	melba toasts	16
1 lb	boneless skinless chicken breasts	500 g
¼ cup	light mayonnaise	50 mL
2 tbsp	chopped fresh parsley	25 mL
2 tbsp	Dijon mustard	25 mL
¼ tsp	each dried thyme, salt and pepper	1 mL
SWEET POTATO OVEN FRIES:		
2	sweet potatoes, scrubbed (1½ lb/750 g total)	2
2 tbsp	vegetable oil	25 mL
2	cloves garlic, minced	2
½ tsp	each dried sage, salt and pepper	2 mL

❧ SWEET POTATO OVEN FRIES: Cut each potato into about 1-inch (2.5 cm) thick slices. Cut each slice lengthwise into about 1-inch (2.5 cm) thick strips; place in large bowl. Add oil, garlic, sage, salt and pepper; toss to coat well. Spread on large rimmed baking sheet; bake in 425°F (220°C) oven for 15 minutes.

❧ Meanwhile, in food processor or using plastic bag and rolling pin, crush melba toasts until in fine crumbs; transfer to shallow dish. Cut chicken lengthwise into ½-inch (1 cm) thick strips; set aside.

❧ In bowl, stir together mayonnaise, parsley, mustard, thyme, salt and pepper; add chicken and stir to coat. Add chicken to crumb mixture and turn to coat. Arrange on separate greased rimmed baking sheet.

❧ Turn fries. Add coated chicken to oven; bake for 10 minutes. Turn chicken; bake until chicken is golden and no longer pink inside and potatoes are tender, about 10 minutes.

Makes 4 servings. PER SERVING: about 489 cal, 32 g pro, 14 g total fat (1 g sat. fat), 58 g carb, 6 g fibre, 66 mg chol, 859 mg sodium. % RDI: 8% calcium, 17% iron, 373% vit A, 73% vit C, 22% folate.

TIP: You can freeze the baked chicken fingers: let cool, then freeze between layers of waxed paper in airtight container for up to 2 weeks. Reheat, frozen, in 425°F (220°C) oven for about 15 minutes.

Skillet Chicken

Healthy Eating

125+ Good-for-You RECIPES

8	bone-in skinless chicken thighs (2 lb/1 kg)	8
½ tsp	each salt and pepper	2 mL
2 tsp	canola oil	10 mL
2	onions, sliced	2
2	cloves garlic, minced	2
½ tsp	dried thyme	2 mL
1 tbsp	all-purpose flour	15 mL
1 cup	apple cider or juice	250 mL
2	sweet potatoes (about 1½ lb/750 g total)	2
1 tbsp	chopped fresh parsley	15 mL

❧ Trim any fat from chicken; sprinkle with salt and pepper. In large skillet, heat oil over medium-high heat; brown chicken. Remove to plate.

❧ Drain any fat from pan. Add onions, garlic and thyme; cook over medium heat, stirring occasionally, until softened, about 5 minutes. Sprinkle with flour; cook, stirring, for 1 minute. Add cider; bring to boil, scraping up any brown bits from bottom of pan. Return chicken, fleshier side down, and any accumulated juices to pan. Reduce heat to medium-low; cover and simmer for 10 minutes.

❧ Meanwhile, peel and cut potatoes into 1-inch (2.5 cm) cubes; add to pan. Turn chicken over; simmer, covered, until juices run clear when chicken is pierced and potatoes are tender, about 30 minutes. Sprinkle with parsley.

Makes 4 servings. PER SERVING: about 450 cal, 35 g pro, 11 g total fat (2 g sat. fat), 52 g carb, 5 g fibre, 138 mg chol, 453 mg sodium. % RDI: 6% calcium, 24% iron, 258% vit A, 57% vit C, 17% folate.

VARIATION

Skillet Chops and Sweet Potatoes: Use 4 bone-in pork chops (1½ lb/750 g) instead of the chicken; brown and set aside. Cook potatoes for only 15 minutes. Return chops to pan and cook for 5 minutes.

Canadian Living

Turkey Barley Pilaf

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

2 tbsp	butter	25 mL
2 cups	sliced mushrooms	500 mL
1	onion, chopped	1
1	clove garlic, minced	1
1½ cups	pot or pearl barley	375 mL
3 cups	chicken stock	750 mL
1½ cups	cubed cooked turkey	375 mL
½ cup	corn kernels	125 mL
½ cup	frozen peas	125 mL
1	carrot, diced	1
¼ tsp	each salt and pepper	1 mL

❧ In large saucepan, melt butter over medium heat; cook mushrooms, onion and garlic, stirring occasionally, until softened and mushroom liquid is evaporated, 5 to 8 minutes.

❧ Stir in barley. Pour in stock and bring to boil; reduce heat, cover and cook just until barley is tender, about 35 minutes.

❧ Add turkey, corn, peas and carrot; cook until heated through and carrot is tender-crisp, 5 to 8 minutes. Stir in salt and pepper.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 325 cal, 18 g pro, 7 g total fat (3 g sat. fat), 49 g carb, 5 g fibre, 37 mg chol, 571 mg sodium. % RDI: 4% calcium, 24% iron, 35% vit A, 5% vit C, 20% folate.

Warm Asian Chicken Liver Salad



8 oz	chicken livers	250 g
¼ tsp	each salt and pepper	1 mL
4	green onions	4
Half	bunch watercress	Half
4 cups	spinach, trimmed	1 L
2 tbsp	vegetable oil	25 mL
2 tbsp	rice vinegar	25 mL
2 tsp	each soy sauce and sesame oil	10 mL
1 tsp	granulated sugar	5 mL
1 tsp	grated gingerroot	5 mL
1	clove garlic, minced	1
¼ tsp	hot pepper flakes (optional)	1 mL
2 tsp	toasted sesame seeds (optional)	10 mL

❧ Separate and trim lobes of chicken livers; cut larger lobes in half. Season with salt and pepper; set aside. Cut green onions into 1-inch (2.5 cm) pieces; set aside.

❧ Trim coarse stems from watercress; separate into sprigs. Divide spinach and watercress between 2 plates.

❧ In skillet, heat vegetable oil over medium-high heat; sauté green onions for 30 seconds. Add livers; cook, stirring often, until still slightly pink in centre, 5 minutes. With slotted spoon, arrange over greens.

❧ Meanwhile, in bowl, combine vinegar, soy sauce, sesame oil and sugar; set aside.

❧ Add ginger, garlic, and hot pepper flakes (if using) to pan; cook over low heat until fragrant, about 30 seconds. Remove from heat; stir in vinegar mixture. Spoon over salad. Sprinkle with sesame seeds (if using).

Makes 2 servings. PER SERVING: about 354 cal, 25 g pro, 23 g total fat (3 g sat. fat), 14 g carb, 4 g fibre, 498 mg chol, 818 mg sodium. % RDI: 16% calcium, 94% iron, 642% vit A, 125% vit C, 365% folate.

Golden Onion Tart



2 tbsp	vegetable oil	25 mL
6 cups	sliced sweet onions (about 2½ lb/1.25 kg)	1.5 L
¼ tsp	caraway seeds	1 mL
2 tbsp	wine vinegar	25 mL
¾ tsp	each salt and pepper	4 mL
2	cloves garlic, minced	2
1 lb	pizza dough	500 g
1	egg, beaten	1
⅓ cup	sour cream	75 mL
1	green onion, chopped	1

❧ In large shallow Dutch oven, heat oil over medium heat; fry sliced onions, stirring occasionally, until softened and golden, 12 to 15 minutes.

❧ Meanwhile, using mortar and pestle or back of heavy skillet, crush caraway seeds; add to pan along with vinegar, salt, pepper and garlic. Cook, scraping up any brown bits from bottom of pan, for 1 minute. Scrape into large bowl; let cool slightly.

❧ On lightly floured surface, roll out dough into 14-inch (35 cm) circle. Place on greased 12-inch (30 cm) pizza pan. Roll up overhang to form lip, pinching to seal.

❧ Add egg, sour cream and green onion to cooked onion mixture; mix thoroughly. Spread evenly over dough, leaving lip uncovered. Bake in 350°F (180°C) oven until crust is golden and filling is set in centre, about 30 minutes. *(Make-ahead: Tent with foil and keep at room temperature for up to 1 hour.)* Cut into wedges. **Makes 4 to 6 servings.** PER EACH OF 6 SERVINGS: about 341 cal, 9 g pro, 11 g total fat (3 g sat. fat), 53 g carb, 4 g fibre, 39 mg chol, 671 mg sodium. % RDI: 7% calcium, 17% iron, 3% vit A, 13% vit C, 23% folate.

TIP: You can add nutritious onion and garlic to almost any dish. To save time, peel a whole head of garlic at once and keep the peeled cloves in an airtight container in the refrigerator. But avoid prechopping the cloves because there is a danger of food poisoning – and freshly chopped garlic is always superior in flavour.

Bean and Vegetable Pitas



Yogurt adds moistness to stuffed pitas, but to prevent excess liquid, the yogurt is drained.

1 cup	low-fat plain yogurt	250 mL
1	can (19 oz/540 mL) white kidney beans, drained and rinsed	1
2 tbsp	each lemon juice and vegetable oil	25 mL
1½ tsp	ground cumin	7 mL
2	cloves garlic, minced	2
1	each onion and sweet red pepper, sliced	1
1	zucchini, sliced	1
2	carrots, sliced	2
1 tbsp	chili powder	15 mL
¼ tsp	salt	1 mL
2 tbsp	chopped fresh parsley	25 mL
4	whole wheat pitas	4

❧ In cheesecloth-lined sieve set over bowl, cover and drain yogurt in refrigerator for 4 hours. *(Make-ahead: Refrigerate for up to 24 hours.)*

❧ In food processor, whirl together beans, lemon juice, 1 tbsp (15 mL) water, 1 tbsp (15 mL) of the oil and 1 tsp (5 mL) of the cumin; stir in garlic. Set aside.

❧ In large nonstick skillet, heat remaining oil over medium heat; fry onion, red pepper, zucchini, carrots, chili powder, salt and remaining cumin, stirring occasionally, until tender, about 5 minutes.

❧ Stir parsley into drained yogurt. Cut top third off each pita. Line bottom of large piece with cut top. Spread bean mixture over 1 inside of each pita; fill with vegetable mixture and yogurt.

Makes 4 servings. PER SERVING: about 411 cal, 17 g pro, 10 g total fat (2 g sat. fat), 67 g carb, 15 g fibre, 4 mg chol, 895 mg sodium. % RDI: 17% calcium, 34% iron, 111% vit A, 100% vit C, 56% folate.

Chickpea and Eggplant Simmer



Salting the eggplant and letting it stand before cooking gets rid of water and reduces the oil you need for sautéeing.

1	large eggplant (1 lb/500 g)	1
1 tsp	salt	5 mL
1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1 tsp	dried oregano	5 mL
¼ tsp	pepper	1 mL
Pinch	cinnamon	Pinch
1	can (19 oz/540 mL) chickpeas, drained and rinsed	1
1	can (28 oz/796 mL) diced tomatoes	1
2 tbsp	tomato paste	25 mL
2 tbsp	chopped fresh parsley	25 mL

❧ Cut eggplant into 1-inch (2.5 cm) cubes; place in colander. Sprinkle with salt and toss; let stand in sink for 30 minutes. Pat dry.

❧ In Dutch oven, heat oil over medium heat; fry onion, garlic, oregano, pepper and cinnamon, stirring occasionally, until softened, about 5 minutes. Add eggplant; fry until lightly coloured, about 5 minutes.

❧ Add chickpeas, tomatoes and tomato paste; bring to boil. Reduce heat, cover and simmer until eggplant is tender, about 30 minutes. *(Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, in airtight container until cold. Cover and refrigerate for up to 24 hours.)* Sprinkle with parsley.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 164 cal, 6 g pro, 4 g total fat (trace sat. fat), 30 g carb, 7 g fibre, 0 mg chol, 581 mg sodium. % RDI: 7% calcium, 16% iron, 10% vit A, 45% vit C, 30% folate.

Mushroom Lentil Patties

Healthy Eating
125+ Good-for-You RECIPES

These crusty patties don't rely on a lot of salt for flavour as do some other legume-based patties. Toasted nuts and rich-tasting sautéed mushrooms do the job deliciously. Serve with Spinach Sprout Salad (recipe follows).

¾ cup	walnuts	175 mL
2 tbsp	vegetable oil	25 mL
4 cups	sliced mushrooms (12 oz/375 g)	1 L
1	onion, chopped	1
1	clove garlic, minced	1
½ tsp	dried thyme	2 mL
¼ tsp	each salt and pepper	1 mL
1	can (19 oz/540 mL) lentils, drained and rinsed	1
2 tsp	Worcestershire sauce (optional)	10 mL
¼ cup	dry bread crumbs	50 mL
¼ cup	chopped fresh parsley	50 mL

❧ In skillet, toast walnuts until fragrant, 5 minutes; transfer to food processor.

❧ In same skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; fry mushrooms, onion, garlic, thyme, salt and pepper, stirring occasionally, until no liquid remains, about 5 minutes. Add to food processor.

❧ Add lentils and Worcestershire sauce (if using) to food processor; pulse to mix. Mix in bread crumbs and parsley. Form into eight ½-inch (1 cm) thick patties.

❧ In same skillet, heat remaining oil over medium heat; fry patties, in batches and turning once, until crusty, 8 minutes.

Makes 4 servings. PER SERVING: about 281 cal, 13 g pro, 13 g total fat (1 g sat. fat), 32 g carb, 7 g fibre, 0 mg chol, 473 mg sodium. % RDI: 5% calcium, 38% iron, 2% vit A, 15% vit C, 94% folate.

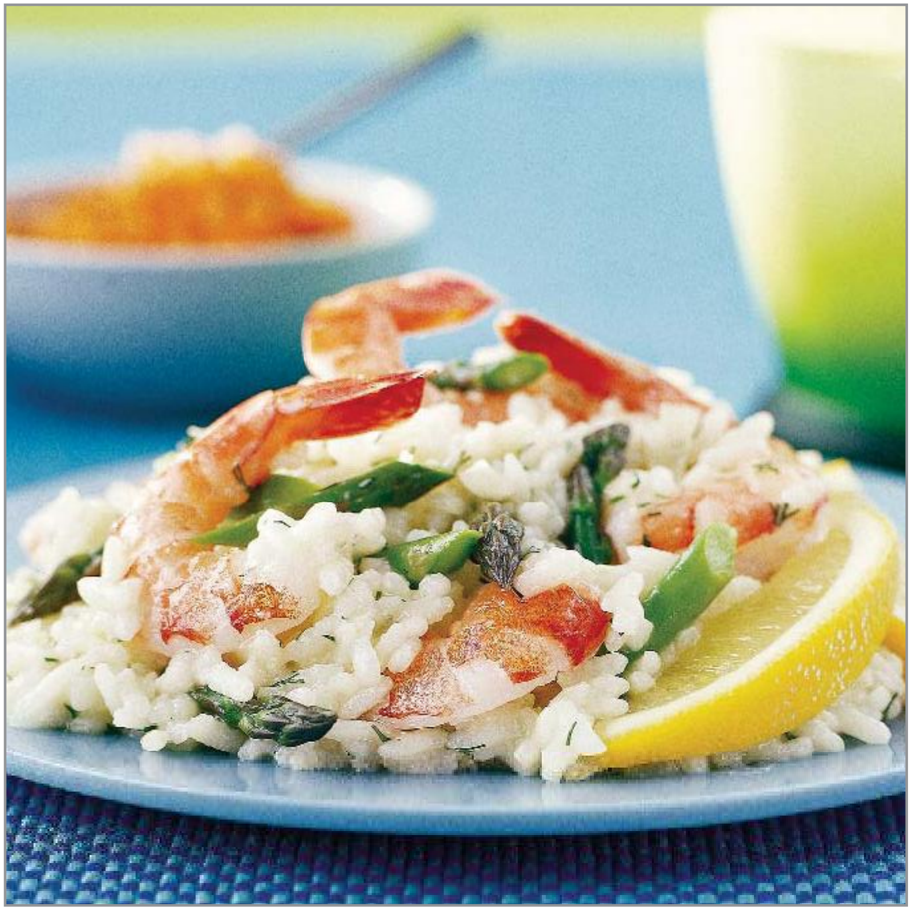
Spinach Sprout Salad:

¼ cup	extra-virgin olive oil	50 mL
3 tbsp	balsamic vinegar	50 mL
2 tbsp	chopped fresh basil	25 mL
½ tsp	granulated sugar	2 mL
¼ tsp	each salt and pepper	1 mL
4 cups	fresh baby spinach	1 L
1 cup	cherry tomatoes, quartered	250 mL
½ cup	alfalfa sprouts	125 mL

❧ In large bowl, whisk oil, vinegar, basil, sugar, salt and pepper. Add spinach and tomatoes; toss to coat. Top with sprouts.

Makes 4 servings. PER SERVING: about 153 cal, 2 g pro, 14 g total fat (2 g sat. fat), 7 g carb, 2 g fibre, 0 mg chol, 191 mg sodium. % RDI: 6% calcium, 13% iron, 40% vit A, 37% vit C, 53% folate.

Quick Shrimp and Asparagus Risotto



Deveined but not shelled shrimp don't take long to cook and are often as inexpensive as farmed fish. Make this easy risotto throughout the year by replacing the asparagus with green beans or broccoli florets and stalks.

1 lb	asparagus	500 g
1 tbsp	extra-virgin olive oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
½ tsp	each salt and pepper	2 mL
3½ cups	hot sodium-reduced chicken or fish stock	875 mL
1½ cups	arborio or short-grain Italian rice	375 mL
1 lb	large raw shrimp, peeled and deveined	500 g
2 tbsp	minced fresh dill	25 mL
	Lemon wedges	

❧ Snap off woody ends from asparagus and discard. Cut asparagus into 1-inch (2.5 cm) lengths; set aside.

❧ In large saucepan, heat oil over medium heat; fry onion, garlic, salt and pepper, stirring occasionally, until onion is softened, about 3 minutes.

❧ Add stock and rice; bring to boil. Cover and reduce heat to low; simmer, stirring once, for 10 minutes.

❧ Stir rice mixture vigorously for 15 seconds. Add shrimp and asparagus; cover and cook, stirring once, until just a little liquid remains and rice is slightly firm to the bite, about 10 minutes. Stir in dill. Serve with lemon wedges to squeeze over top.

Makes 4 servings. PER SERVING: about 434 cal, 27 g pro, 6 g total fat (1 g sat. fat), 67 g carb, 3 g fibre, 130 mg chol, 952 mg sodium. % RDI: 7% calcium, 23% iron, 8% vit A, 22% vit C, 59% folate.

BACK TO RECIPES

Teriyaki Tofu with Mushrooms and Cabbage



Serve this with fluffy rice, so get a pot of it going at the same time you heat water in the steamer for this dish.

1 cup	shredded cabbage	250 mL
1 cup	bean sprouts	250 mL
1 cup	sliced mushrooms	250 mL
1	pkg (454 g) medium-firm tofu	1
2	cloves garlic, minced	2
2 tbsp	teriyaki sauce	25 mL
1 tbsp	grated gingerroot	15 mL
1 tbsp	light soy sauce	15 mL
¼ tsp	pepper	1 mL
1½ tsp	cornstarch	7 mL
1	green onion, chopped	

❧ Place greased rack in shallow pan or bamboo steamer in wok; pour in enough water to come about 1 inch (2.5 cm) below rack. Cover and bring to boil; reduce heat to medium-high.

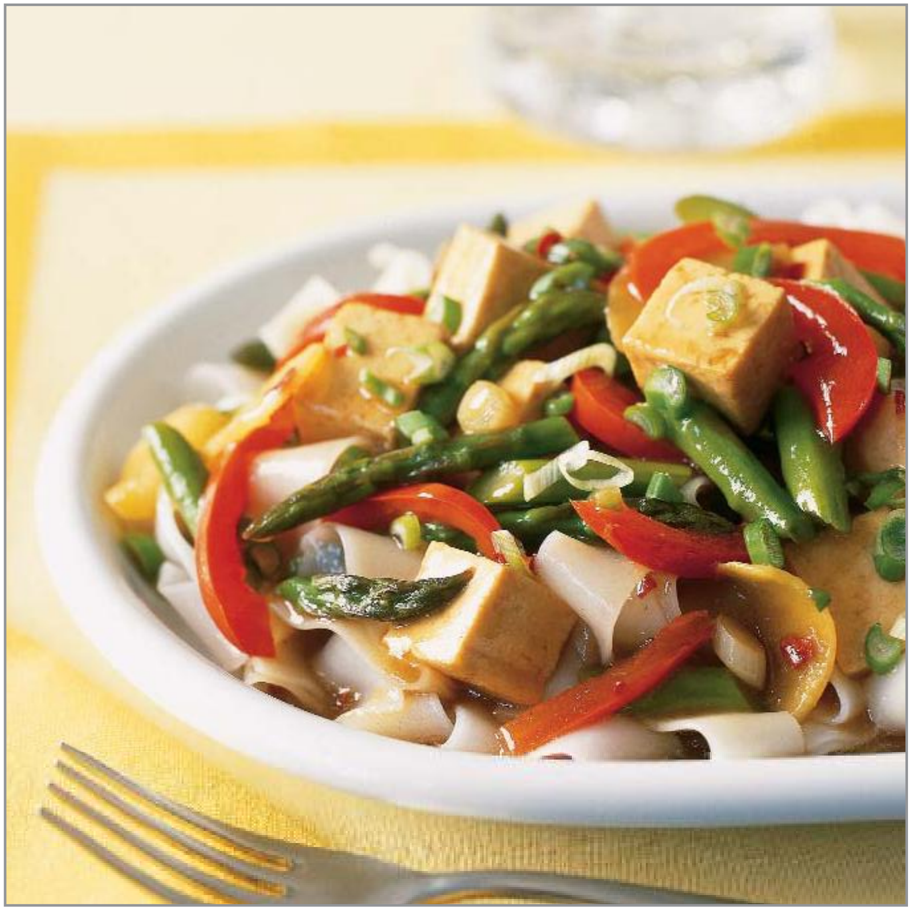
❧ Meanwhile, spread cabbage in 9-inch (23 cm) pie plate; add bean sprouts and mushrooms. Cut tofu vertically into 4 slices; place on mushrooms. In small bowl, whisk garlic, teriyaki sauce, ginger, soy sauce and pepper; drizzle over tofu.

❧ Place pie plate on rack in pan; cover and steam until cabbage is tender, about 15 minutes.

❧ In small saucepan, whisk cornstarch with 1 tbsp (15 mL) water. Drain liquid from pie plate into saucepan; bring to boil over medium heat, whisking, until thickened, about 1 minute. Spoon over tofu. Sprinkle with green onion.

Makes 4 servings. PER SERVING: about 122 cal, 11 g pro, 5 g total fat (1 g sat. fat), 10 g carb, 2 g fibre, 0 mg chol, 509 mg sodium. % RDI: 18% calcium, 18% iron, 1% vit A, 13% vit C, 27% folate.

Tofu Asparagus Stir-Fry



Both rice and egg noodles (Asian or Western) are mild complements to the intense flavour of the black-bean-and-garlic sauce.

1	pkg (350 g) firm tofu	1
1 cup	vegetable stock	250 mL
4 tsp	black-bean-and-garlic sauce	20 mL
1 tbsp	cornstarch	15 mL
2 tsp	sesame oil	10 mL
2	green onions	2
1 tbsp	vegetable oil	15 mL
3 cups	chopped (1-inch/2.5 cm pieces) fresh asparagus	750 mL
3	cloves garlic, sliced	3
1	piece (2 inches/5 cm) gingerroot, sliced	1
1	sweet red pepper, sliced	1
Pinch	hot pepper flakes	Pinch

❧ Pat tofu dry; cut into 1-inch (2.5 cm) cubes and set aside. In small bowl, whisk together stock, black bean sauce, cornstarch and sesame oil; set aside.

❧ Chop onions, keeping white and green parts separate. In wok or large skillet, heat vegetable oil over medium-high heat; stir-fry asparagus, garlic, ginger and white part of onions until onions are softened, about 3 minutes. Add red pepper, hot pepper flakes and tofu; stir-fry for 1 minute.

❧ Add stock mixture; cook, stirring, until thickened and asparagus is tender-crisp, about 2 minutes. Garnish with remaining onions.

Makes 4 servings. PER SERVING: about 184 cal, 11 g pro, 10 g total fat (1 g sat. fat), 16 g carb, 3 g fibre, 0 mg chol, 261 mg sodium. % RDI: 16% calcium, 16% iron, 16% vit A, 102% vit C, 79% folate.

BACK TO RECIPES

Almond Pilaf



1 tbsp	vegetable oil	15 mL
1 cup	diced peeled carrots or parsnips	250 mL
2	shallots (or 1 small onion), thinly sliced	2
1	clove garlic, minced	1
1 tsp	caraway seeds	5 mL
Pinch	each salt and pepper	Pinch
1½ cups	long-grain rice	375 mL
1½ cups	chicken stock	375 mL
1½ cups	water	375 mL
½ cup	slivered almonds	125 mL
¼ cup	chopped fresh parsley	50 mL

❧ In saucepan, heat oil over medium heat; cook carrots, shallots, garlic, caraway seeds, salt and pepper, stirring often, until carrots are softened, about 4 minutes.

❧ Add rice, stirring to coat. Add chicken stock and water; bring to boil. Reduce heat, cover and simmer until rice is tender and liquid is absorbed, about 20 minutes.

❧ Meanwhile, in small cake pan, toast almonds in 425°F (220°C) oven or in dry skillet until golden, about 4 minutes. Add to rice along with parsley; fluff with fork.

Makes 6 servings. PER SERVING: about 271 cal, 7 g pro, 9 g total fat (1 g sat. fat), 41 g carb, 2 g fibre, 0 mg chol, 212 mg sodium. % RDI: 5% calcium, 8% iron, 47% vit A, 3% vit C, 7% folate.

Beef and Bean Burrito Bake

Healthy Eating

125+ Good-for-You RECIPES

1 tsp	vegetable oil	5 mL
12 oz	lean ground beef	375 g
1	onion, chopped	1
1	clove garlic, minced	1
1	sweet green pepper, chopped	1
1 tsp	paprika	5 mL
½ tsp	each ground cumin and dried oregano	2 mL
¼ tsp	pepper	1 mL
1	can (19 oz/540 mL) pinto or red kidney beans	1
1 cup	salsa	250 mL
8	8-inch (20 cm) flour tortillas	8
½ cup	shredded Monterey Jack or Cheddar cheese	125 mL

❧ In nonstick skillet, heat oil over medium-high heat; cook beef, breaking up with spoon, until no longer pink, about 5 minutes. Drain off fat. Add onion, garlic, green pepper, paprika, cumin, oregano and pepper; cook, stirring occasionally, until onion is tender, about 5 minutes.

❧ Drain and rinse beans; mash half and stir into skillet along with remaining whole beans and salsa. Bring to boil; remove from heat.

❧ Spoon about ¾ cup (175 mL) of the beef mixture over bottom two-thirds of each tortilla; roll up. Place in lightly greased 13- x 9-inch (3 L) glass baking dish. Sprinkle with cheese. *(Make-ahead: Cover and refrigerate for up to 24 hours; increase baking time by 10 minutes.)* Cover with foil and bake in 400°F (200°C) oven until steaming, about 20 minutes.

Makes 4 servings. PER SERVING: about 618 cal, 34 g pro, 20 g total fat (7 g sat. fat), 76 g carb, 10 g fibre, 55 mg chol, 1,035 mg sodium. % RDI: 20% calcium, 49% iron, 13% vit A, 60% vit C, 37% folate.

VARIATION

Beef and Bean Burritos: Instead of baking in dish, eat the burritos as soon as they are rolled up.

Canadian Living

Black Bean Chili with Avocado Salsa

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

1 tbsp	vegetable oil	15 mL
2	onions, chopped	2
2	cloves garlic, minced	2
2	carrots, chopped	2
1	jalapeño pepper, seeded and minced	1
2 tbsp	chili powder	25 mL
1 tsp	each ground cumin and dried oregano	5 mL
¼ tsp	salt	1 mL
2	cans (each 28 oz/796 mL) stewed tomatoes	2
2	cans (each 19 oz/540 mL) black beans, drained and rinsed	2
2	sweet red peppers, chopped	2
AVOCADO SALSA:		
2	avocados, peeled, pitted and diced	2
2 tbsp	minced red onion	25 mL
2 tbsp	chopped fresh coriander	25 mL
2 tbsp	lime juice	25 mL
Pinch	each salt and pepper	Pinch

❧ In large saucepan, heat oil over medium heat; cook onions, garlic, carrots, jalapeño pepper, chili powder, cumin, oregano and salt, stirring occasionally, until onions are softened, about 5 minutes.

❧ Add tomatoes, black beans and red peppers; cover and simmer until carrots are tender, about 40 minutes.

❧ AVOCADO SALSA: In bowl, combine avocados, onion, coriander, lime juice, salt and pepper. Dollop onto each serving.

Makes 8 servings. PER SERVING: about 311 cal, 12 g pro, 11 g total fat (2 g sat. fat), 48 g carb, 11 g fibre, 0 mg chol, 873 mg sodium. % RDI: 11% calcium, 34% iron, 78% vit A, 143% vit C, 86% folate.

SLOW-COOKER SIMMER

Cook vegetables as directed in first paragraph; add to 18- to 24-cup (4.5 to 6 L) slow-cooker. Add remaining ingredients except salsa, reducing chili powder to 1 tbsp (15 mL). Add ¼ cup (50 mL) tomato paste. Cover and cook on low for 6 hours. Prepare Avocado Salsa as directed.

Bulgur-Stuffed Sweet Peppers



½ cup	bulgur	125 mL
4	small sweet red peppers (about 2 lb/1 kg total)	4
4 cups	mushrooms (12 oz/375 g)	1 L
2 tbsp	extra-virgin olive oil	25 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1 tbsp	finely chopped fresh sage (or 1 tsp/5 mL dried)	15 mL
¾ tsp	each salt and pepper	4 mL
½ cup	shredded Asiago cheese	125 mL
¼ cup	toasted slivered almonds	50 mL
¼ cup	chopped fresh parsley	50 mL
2 tbsp	lemon juice	25 mL
2	plum tomatoes, seeded and diced	2

In large bowl, pour 1⅓ cups (325 mL) boiling water over bulgur; cover and let stand for 15 minutes. Drain and press out moisture; return to dry bowl.

Meanwhile, slice tops off red peppers, leaving 2-inch (5 cm) high sides; core and scrape out seeds. Dice tops and set aside.

In food processor or by hand, finely chop mushrooms. In large nonstick skillet, heat half of the oil over medium-high heat; fry diced peppers, mushrooms, onion, garlic, sage and ½ tsp (2 mL) each of the salt and pepper until liquid is evaporated, about 10 minutes. Add to bulgur along with cheese, almonds and parsley; toss to combine.

Spoon bulgur mixture into peppers, mounding if necessary. Place peppers, stuffed side up, in 8-inch (2 L) square glass baking dish. Drizzle with lemon juice and remaining oil; top with tomatoes. Sprinkle with remaining salt and pepper.

Cover with foil; bake in 350°F (180°C) oven until peppers are almost tender, about 1 hour. Uncover and bake until tops are crusty, about 30 minutes.

Makes 4 servings. PER SERVING: about 302 cal, 10 g pro, 16 g total fat (4 g sat. fat), 35 g carb, 8 g fibre, 12 mg chol, 564 mg sodium. % RDI: 15% calcium, 23% iron, 73% vit A, 518% vit C, 29% folate.

Couscous Bean Patties with Salad in Pita Pockets

Healthy Eating

125+ Good-for-You RECIPES

⅔ cup	vegetable stock	150 mL
½ cup	grated carrot	125 mL
⅓ cup	whole wheat couscous	75 mL
Half	sweet red pepper, diced	Half
1	can (19 oz/540 mL) black beans, drained and rinsed	1
¼ cup	dry bread crumbs	50 mL
2 tbsp	chopped fresh parsley	25 mL
2 tbsp	balsamic or wine vinegar	25 mL
½ tsp	dried oregano	2 mL
¼ tsp	each salt and pepper	1 mL
2	green onions, chopped	2
2	cloves garlic, minced	2
2 tsp	canola oil	10 mL
4	whole wheat pitas	4

SALAD:

2 tbsp	canola oil	25 mL
1 tbsp	balsamic or wine vinegar	15 mL
½ tsp	Dijon mustard	2 mL
1	small clove garlic, minced	1
Pinch	each salt and pepper	Pinch
3 cups	shredded romaine lettuce	750 mL
2	radishes, sliced	2
Half	sweet red pepper, chopped	Half

In small saucepan, bring stock to boil; stir in carrot, couscous and red pepper. Remove from heat; cover and let stand for 5 minutes.

In bowl, coarsely mash beans. Add couscous mixture, bread crumbs, parsley, vinegar, oregano, salt, pepper, onions and garlic; stir to combine. Shape into four ½-inch (1 cm) thick patties. *(Make-ahead: Cover and refrigerate for up to 2 days.)*

Brush oil over nonstick skillet; heat over medium heat. Add patties; cook, turning once, until crisp and golden, 10 minutes.

SALAD: Meanwhile, in large bowl, whisk together oil, vinegar, mustard, garlic, salt and pepper. Add romaine, radishes and red pepper; toss to coat.

Cut top third off each pita; open pita and place top piece in bottom of each. Stuff pitas with patties and salad.

Makes 4 servings. PER SERVING: about 496 cal, 19 g pro, 12 g total fat (1 g sat. fat), 82 g carb, 14 g fibre, 0 mg chol, 886 mg sodium. % RDI: 12% calcium, 36% iron, 65% vit A, 113% vit C, 105% folate.

Asparagus and Orange Salad with Ginger



1½ lb	asparagus	750 g
3	oranges	3
1	head Boston or Bibb lettuce	1
¼ cup	toasted sliced or slivered almonds	50 mL
GINGER DRESSING:		
2 tbsp	rice or cider vinegar	25 mL
1 tbsp	grated gingerroot	15 mL
⅓ cup	olive oil	75 mL
½ tsp	grated orange rind	2 mL
2 tbsp	orange juice	25 mL
½ tsp	soy sauce	2 mL
¼ tsp	each granulated sugar, salt and pepper	1 mL
¼ tsp	hot pepper sauce	1 mL

❧ Snap off tough ends of asparagus; peel lower two-thirds of stems. In saucepan of boiling salted water, cook asparagus until tender-crisp, 2 to 3 minutes. Drain and chill under cold water; drain again and spread on towel to dry. *(Make-ahead: Roll up in towel and refrigerate in plastic bag for up to 6 hours.)*

❧ GINGER DRESSING: Mix vinegar with ginger; let stand for 2 minutes. Strain into bowl; press to extract liquid. Whisk in oil, rind and juice, soy sauce, sugar, salt, pepper and hot pepper sauce. *(Make-ahead: Cover and refrigerate for up to 6 hours.)*

❧ Cut off peel and outside membrane of oranges; cut into ¼-inch (5 mm) thick rounds. Place a few lettuce leaves on each plate; top with asparagus and oranges. Drizzle dressing over top. Sprinkle with almonds.

Makes 6 servings. PER SERVING: about 190 cal, 4 g pro, 15 g total fat (2 g sat. fat), 14 g carb, 3 g fibre, 0 mg chol, 324 mg sodium. % RDI: 6% calcium, 7% iron, 8% vit A, 82% vit C, 72% folate.

Couscous Bean Salad



1¼ cups	vegetable stock	300 mL
1 cup	whole wheat couscous	250 mL
1	zucchini, grated (or 1 cup/250 mL peas)	1
¼ tsp	each salt and pepper	1 mL
Half	sweet red pepper, diced	Half
1	can (19 oz/540 mL) black beans or red kidney beans, drained and rinsed	1
¼ cup	toasted pine nuts	50 mL
2 tbsp	chopped fresh parsley	25 mL
4 oz	feta cheese, cut in chunks	125 g
DRESSING:		
¼ cup	extra-virgin olive oil	50 mL
1 tsp	grated lemon rind	5 mL
2 tbsp	lemon juice	25 mL
2 tsp	Dijon mustard	10 mL
2	cloves garlic, minced	2

❧ In saucepan, bring stock to boil; add couscous, zucchini, salt and pepper. Cover and remove from heat; let stand for 5 minutes. Fluff with fork; transfer to large bowl. Add red pepper, black beans, pine nuts and parsley; toss to combine.

❧ DRESSING: In measuring cup, whisk together oil, lemon rind and juice, mustard and garlic; pour over salad and toss to coat. Top with feta. *(Make-ahead: Let cool completely; cover and refrigerate for up to 24 hours.)*

Makes 4 servings. PER SERVING: about 549 cal, 21 g pro, 26 g total fat (7 g sat. fat), 62 g carb, 16 g fibre, 26 mg chol, 1,060 mg sodium. % RDI: 20% calcium, 35% iron, 15% vit A, 70% vit C, 40% folate.

TIP: Toast pine nuts in microwave oven at high, stirring twice, until golden, about 3 minutes.

Crunchy Carnival Coleslaw



1	each sweet red and yellow pepper	1
2 cups	each finely shredded red and green cabbage	500 mL
2	carrots, peeled and grated	2
4	green onions, thinly sliced	4
DRESSING:		
¼ cup	vegetable oil	50 mL
¼ cup	tarragon vinegar or white wine vinegar	50 mL
1 tbsp	granulated sugar	15 mL
1 tbsp	poppy seeds	15 mL
¼ tsp	each salt and and pepper	1 mL

DRESSING: In small bowl, whisk together oil, vinegar, sugar, poppy seeds, salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 3 days.)*

Seed, core and cut red and yellow peppers into quarters; thinly slice crosswise and place in large bowl. Add red and green cabbage, carrots and onions; add dressing and toss to combine. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)*

Makes 8 servings. PER SERVING: about 101 cal, 1 g pro, 7 g total fat (1 g sat. fat), 9 g carb, 2 g fibre, 0 mg chol, 86 mg sodium. % RDI: 4% calcium, 5% iron, 69% vit A, 128% vit C, 13% folate.

Escarole Salad



2 tbsp	extra-virgin olive oil	25 mL
4 tsp	balsamic or wine vinegar	20 mL
1	clove garlic, minced	1
¼ tsp	anchovy paste	1 mL
Dash	hot pepper sauce	Dash
Pinch	each salt and pepper	Pinch
Half	head escarole or romaine lettuce	Half
Quarter	small sweet onion	Quarter
Half	sweet red or yellow pepper	Half

❧ In large bowl, whisk together oil, vinegar, garlic, anchovy paste, hot pepper sauce, salt and pepper.

❧ Cut escarole crosswise into thin strips. Thinly slice onion and red pepper. Add to bowl and mix well.

Makes 2 servings. PER SERVING: about 173 cal, 3 g pro, 14 g total fat (2 g sat. fat), 11 g carb, 3 g fibre, 0 mg chol, 11 mg sodium. % RDI: 5% calcium, 11% iron, 46% vit A, 143% vit C, 75% folate.

TIP: Half a head of escarole makes about 5 cups (1.25 L) shredded greens.

Four-Bean Tomato Salad with Garlic Dressing



1	can (19 oz/540 mL) white kidney beans	1
1	can (19 oz/540 mL) red kidney beans	1
1	can (19 oz/540 mL) black beans	1
1 cup	cut (1-inch/2.5 cm pieces) green beans, cooked	250 mL
1 cup	cherry tomatoes, halved	250 mL
Half	head escarole or romaine lettuce, torn	Half
2 tbsp	chopped fresh parsley	25 mL
ROASTED GARLIC DRESSING:		
1	head garlic	1
⅓ cup	extra-virgin olive oil	75 mL
¼ cup	white wine vinegar	50 mL
¼ tsp	each salt and pepper	1 mL

ROASTED GARLIC DRESSING: Trim tip off garlic head. Wrap in foil; roast in 425°F (220°C) oven until tender, about 40 minutes. Let cool. Squeeze pulp into small bowl; whisk in oil, vinegar, salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 3 days.)*

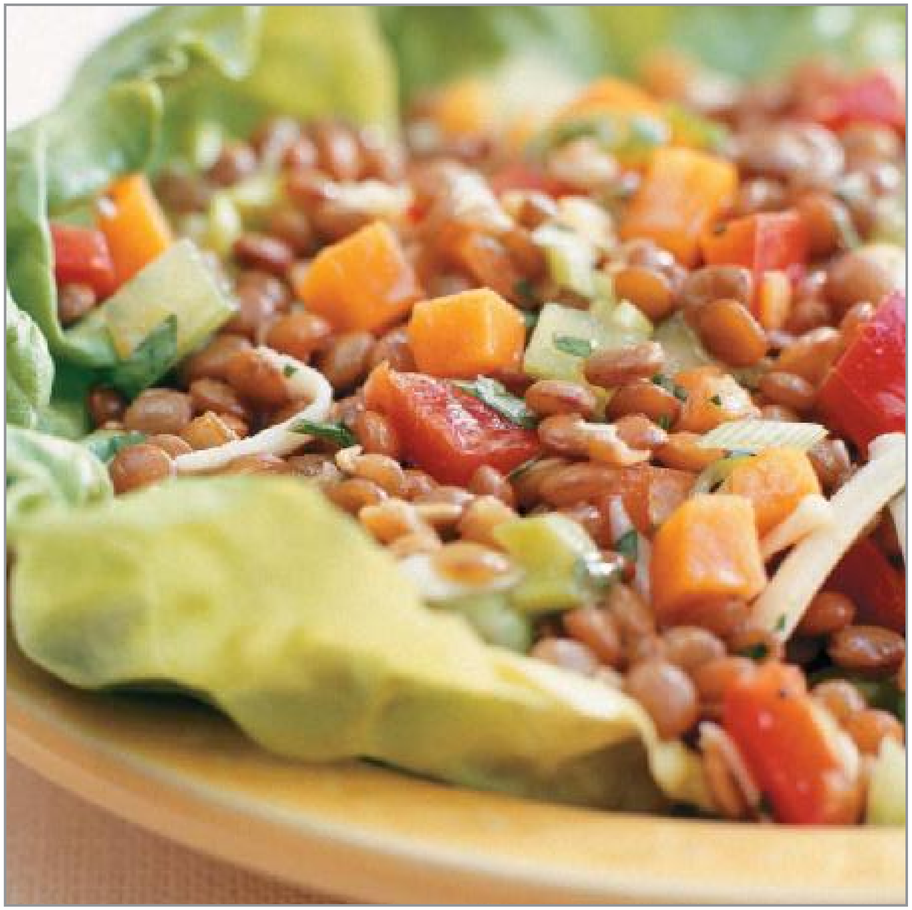
Drain and rinse white and red kidney beans and black beans; place in large bowl. Add half of the dressing; toss to coat. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

Add green beans, tomatoes and escarole to bowl; pour remaining dressing over top and toss to coat. Sprinkle with parsley.

Makes 6 servings. PER SERVING: about 370 cal, 17 g pro, 13 g total fat (2 g sat. fat), 49 g carb, 16 g fibre, 0 mg chol, 668 mg sodium. % RDI: 9% calcium, 28% iron, 12% vit A, 23% vit C, 102% folate.

BACK TO RECIPES

Lentil Salad with Asiago Cheese



1½ cups	green or brown lentils, rinsed	375 mL
1	large carrot, diced	1
2	green onions, sliced	2
1	sweet red pepper, chopped	1
1	stalk celery, diced	1
½ cup	shredded Asiago cheese	125 mL
2 tbsp	chopped fresh parsley	25 mL
DRESSING:		
¼ cup	extra-virgin olive oil	50 mL
¼ cup	red wine vinegar	50 mL
1 tsp	Dijon mustard	5 mL
½ tsp	each dried oregano and salt	2 mL
¼ tsp	pepper	1 mL

❧ In saucepan, bring lentils and 3 cups (750 mL) water to boil; reduce heat, cover and simmer for 15 minutes. Add carrot and simmer until lentils are tender, 5 to 10 minutes. Drain and let cool.

❧ DRESSING: In large bowl, whisk oil, vinegar, mustard, oregano, salt and pepper. Add lentil mixture, onions, red pepper, celery, cheese and parsley; toss to coat. *(Make-ahead: Cover and refrigerate for up to 1 day.)*

Makes 4 servings. PER SERVING: about 441 cal, 23 g pro, 19 g total fat (5 g sat. fat), 49 g carb, 10 g fibre, 12 mg chol, 452 mg sodium. % RDI: 16% calcium, 55% iron, 78% vit A, 108% vit C, 181% folate.

Light Vinaigrette



2 tbsp	water	25 mL
1 tbsp	red wine vinegar	15 mL
1	clove garlic, minced	1
2 tsp	Dijon mustard	10 mL
Pinch	each salt and pepper	Pinch
2 tbsp	extra-virgin olive oil	25 mL

❧ In small bowl, whisk together water, vinegar, garlic, mustard, salt and pepper; gradually whisk in olive oil.

Makes about ⅓ cup (75 mL). PER 1 TBSP (15 ML): about 48 cal, trace pro, 5 g fat, 1 g carb, 0 mg chol, 26 mg sodium.

Canadian Living

Mango, Cucumber and Red Pepper Salad



1	mango	1
1	sweet red pepper	1
Half	English cucumber (about 6 inches/15 cm)	Half
2 tbsp	lime juice	25 mL
1 tbsp	fish sauce	15 mL
1½ tsp	granulated sugar	7 mL
1 tsp	minced hot pepper	5 mL
¼ cup	each chopped unsalted peanuts and fresh coriander	50 mL

❧ Peel mango. Slice mango, red pepper and cucumber into thin strips.

❧ In bowl, whisk together lime juice, fish sauce, sugar and hot pepper. Add mango, red pepper and cucumber; toss to coat. *(Make-ahead: Cover and refrigerate for up to 6 hours.)* Sprinkle with peanuts and coriander.

Makes 4 servings. PER SERVING: about 110 cal, 4 g pro, 5 g total fat (1 g sat. fat), 16 g carb, 3 g fibre, 0 mg chol, 353 mg sodium. % RDI: 2% calcium, 4% iron, 39% vit A, 127% vit C, 13% folate.

TIP: For the best peanut flavour, use raw peanuts; roast in dry skillet over medium heat, stirring constantly, for 5 minutes.

Canadian Living

Mesclun Salad with Sherry Vinaigrette

Weetabix



8 cups	mesclun	2 L
Half	sweet red pepper, thinly sliced	Half
¼ cup	chopped fresh chives	50 mL
SHERRY VINAIGRETTE:		
3 tbsp	extra-virgin olive oil	50 mL
2 tbsp	sherry vinegar	25 mL
1 tsp	chopped fresh thyme	5 mL
1 tsp	Dijon mustard	5 mL
¼ tsp	granulated sugar	1 mL
¼ tsp	each salt and pepper	1 mL

❧ SHERRY VINAIGRETTE: In large bowl, whisk together oil, vinegar, thyme, mustard, sugar, salt and pepper. *(Make-ahead: Cover and refrigerate for up to 4 hours.)*

❧ Add mesclun, red pepper and chives; toss to coat.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 77 cal, 1 g pro, 7 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 134 mg sodium. % RDI: 5% calcium, 5% iron, 23% vit A, 52% vit C, 29% folate.

Mushroom Wheat Berry Salad

Healthy Eating

125+ Good-for-You RECIPES

2 cups	wheat berries	500 mL
1 tsp	vegetable oil	5 mL
2	cloves garlic, minced	2
2 cups	shiitake mushrooms, stemmed and sliced, or button mushrooms, sliced (8 oz/250 g)	500 mL
¼ cup	rice vinegar	50 mL
3 tbsp	soy sauce	50 mL
1 tbsp	minced gingerroot	15 mL
½ tsp	sesame oil	2 mL
¼ tsp	each salt and pepper	1 mL
2	carrots, grated	2
1	sweet red pepper, diced	1
½ cup	chopped fresh parsley	125 mL

In pot of boiling salted water, cover and cook wheat berries until very tender, about 1 hour. Drain; chill under cold running water. Drain and set aside.

Meanwhile, in nonstick skillet, heat oil over medium-high heat; cook garlic and mushrooms until mushroom liquid is evaporated, about 5 minutes. Let cool. In large bowl, whisk together vinegar, soy sauce, ginger, sesame oil, salt and pepper. Add wheat berries, mushroom mixture, carrots, red pepper and parsley; toss to coat. **Makes 4 servings.** PER SERVING: about 333 cal, 11 g pro, 3 g total fat (1 g sat. fat), 71 g carb, 13 g fibre, 0 mg chol, 1,118 mg sodium. % RDI: 5% calcium, 31% iron, 134% vit A, 115% vit C, 27% folate.

TIP: Because of their firm outer skin, it is hard to tell if wheat berries are cooked. The Canadian Living Test Kitchen tests for doneness by draining 1 tsp (5 mL) or so and chilling in cold water. If tender yet still slightly chewy, they are done. If not, boil and test again until very tender but not split open.

SUBSTITUTIONS: Instead of wheat berries, you can use barley or long-grain brown rice.

• Barley: Cook 2 cups (500 mL) pearl barley in large pot of boiling water until tender, about 1 hour. Increase dressing ingredients by half. **Makes 12 cups (3 L).**

• Rice: Bring 2 cups (500 mL) water and 1 cup (250 mL) rice to boil; reduce heat and simmer until tender, about 30 minutes. **Makes 8 cups (2 L).**

Spiced Carrot Salad



14	carrots (about 2 lb/1 kg), peeled	14
1 tbsp	olive oil	15 mL
2	shallots (or 1 small onion), finely chopped	2
2	cloves garlic, minced	2
½ tsp	each salt, ground cumin, cinnamon and paprika	2 mL
Pinch	cayenne pepper	Pinch
2 tbsp	lemon juice	25 mL
¼ cup	chopped fresh coriander	50 mL

Cut carrots into ½-inch (1 cm) thick diagonal slices. In large pot of boiling salted water, cook carrots until tender-crisp, about 5 minutes. Drain and chill under cold water; drain well.

Meanwhile, in large skillet, heat oil over medium heat; cook shallots and garlic, stirring, until softened, 3 minutes. Stir in salt, cumin, cinnamon, paprika and cayenne; cook until fragrant, 1 minute. Add carrots and lemon juice; toss to coat. Pour into bowl; stir in coriander.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 97 cal, 2 g pro, 3 g total fat (trace sat. fat), 18 g carb, 4 g fibre, 0 mg chol, 662 mg sodium. % RDI: 5% calcium, 9% iron, 383% vit A, 8% vit C, 10% folate.

Tomato Basil Wheat Berry Salad



1½ cups	wheat berries	375 mL
¼ cup	extra-virgin olive oil	50 mL
2 tbsp	white wine vinegar	25 mL
½ tsp	each salt and pepper	2 mL
2	tomatoes, chopped	2
2	green onions, chopped	2
¼ cup	chopped fresh basil	50 mL

❧ In large saucepan, cover wheat berries with about 2 inches (5 cm) cold water; bring to boil. Reduce heat and simmer until wheat berries are tender but firm, 1 to 1½ hours. Drain well and transfer to large bowl; let cool completely.

❧ In small bowl, whisk oil, vinegar, salt and pepper; pour over wheat berries. Add tomatoes, onions and basil; toss to coat.

Makes 4 servings. PER SERVING: about 346 cal, 7 g pro, 15 g total fat (2 g sat. fat), 51 g carb, 9 g fibre, 0 mg chol, 295 mg sodium. % RDI: 3% calcium, 19% iron, 4% vit A, 22% vit C, 15% folate.

TIP: To use rice instead of wheat berries: Bring 2 cups (500 mL) water and ½ tsp (2 mL) salt to boil; stir in 1½ cups (375 mL) parboiled rice. Cover and reduce heat to low; simmer until tender and liquid is absorbed, 20 minutes.

Tropical Fruit Salad with Rum Zabaglione



4	kiwifruits	4
2	papayas	2
2	mangoes	2
RUM ZABAGLIONE:		
½ cup	pineapple juice	125 mL
6	egg yolks	6
⅓ cup	granulated sugar	75 mL
3 tbsp	white or coconut rum	50 mL

❧ Peel kiwifruits; cut in half lengthwise and cut crosswise into slices. Place in serving bowl. Peel and cut papayas in half; discard seeds and cut flesh into cubes. Add to bowl.

❧ Cut off vertical slice from each narrow side of mangoes; discard pit. Cut grid pattern in flesh of each side down to (but not through) skin. Gently push skin to turn inside out; cut off flesh. Cut flesh off vertical slices. Add to bowl. *(Make-ahead: Cover and refrigerate for up to 8 hours.)*

❧ RUM ZABAGLIONE: In heatproof bowl over saucepan of simmering water, whisk together pineapple juice, egg yolks, sugar and rum until thick enough to mound softly on spoon, 5 to 7 minutes. Serve with fruit.

Makes 6 servings. PER SERVING: about 242 cal, 4 g pro, 6 g total fat (2 g sat. fat), 44 g carb, 5 g fibre, 221 mg chol, 15 mg sodium. % RDI: 7% calcium, 8% iron, 59% vit A, 210% vit C, 20% folate.

Watermelon Salsa Salad

Healthy Eating

125+ Good-for-You RECIPES

4 cups	cubed seeded watermelon (1 inch/2.5 cm)	1 L
2 cups	sliced celery	500 mL
½ cup	sliced red onion	125 mL
2 tbsp	each chopped fresh coriander and lime juice	25 mL
1 tbsp	extra-virgin olive oil	15 mL
¼ tsp	each salt and pepper	1 mL

❧ In bowl, toss together watermelon, celery, onion, coriander, lime juice, oil, salt and pepper.

Makes 4 servings. PER SERVING: about 101 cal, 2 g pro, 4 g total fat (trace sat. fat), 16 g carb, 2 g fibre, 0 mg chol, 200 mg sodium. % RDI: 4% calcium, 4% iron, 7% vit A, 38% vit C, 11% folate.

Carrot and Dill Soup



2 tbsp	butter	25 mL
3	stalks celery, chopped	3
2	onions, chopped	2
2	cloves garlic, minced	2
½ tsp	each salt and pepper	2 mL
5 cups	chopped carrots (about 1½ lb/750 g)	1.25 L
8 cups	chicken or vegetable stock	2 L
¼ cup	chopped fresh dill	50 mL

❧ In large heavy saucepan or Dutch oven, heat butter over medium heat; cook celery, onions, garlic, salt and pepper, stirring often, until softened, about 5 minutes.

❧ Add carrots; cook for 4 minutes, stirring occasionally. Add stock and bring to boil; reduce heat, cover and simmer until carrots are tender, about 35 minutes.

❧ In food processor or blender, purée soup, in batches, until smooth. *(Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, in shallow airtight container until cold. Cover and refrigerate for up to 3 days or freeze for up to 1 week. Reheat to serve.)* Return to pan and heat through. Stir in dill; ladle into bowls.

Makes 8 servings. PER SERVING: about 110 cal, 6 g pro, 4 g total fat (2 g sat. fat), 12 g carb, 3 g fibre, 8 mg chol, 1,010 mg sodium. % RDI: 4% calcium, 8% iron, 175% vit A, 7% vit C, 10% folate.

Canadian Living

Corn Chowder

Weetabix



2 tbsp	butter or vegetable oil	25 mL
1	onion, chopped	1
1	stalk celery, chopped	1
1	carrot, chopped	1
1 tbsp	chopped fresh thyme (or ½ tsp/2 mL dried)	15 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
2 tbsp	all-purpose flour	25 mL
2 cups	low-sodium chicken stock or vegetable stock	500 mL
2 cups	diced unpeeled red potatoes	500 mL
3 cups	corn kernels	750 mL
1	can (385 mL) 2% evaporated milk	1
2 tbsp	chopped fresh parsley	25 mL
⅓ cup	shredded old Cheddar cheese	75 mL

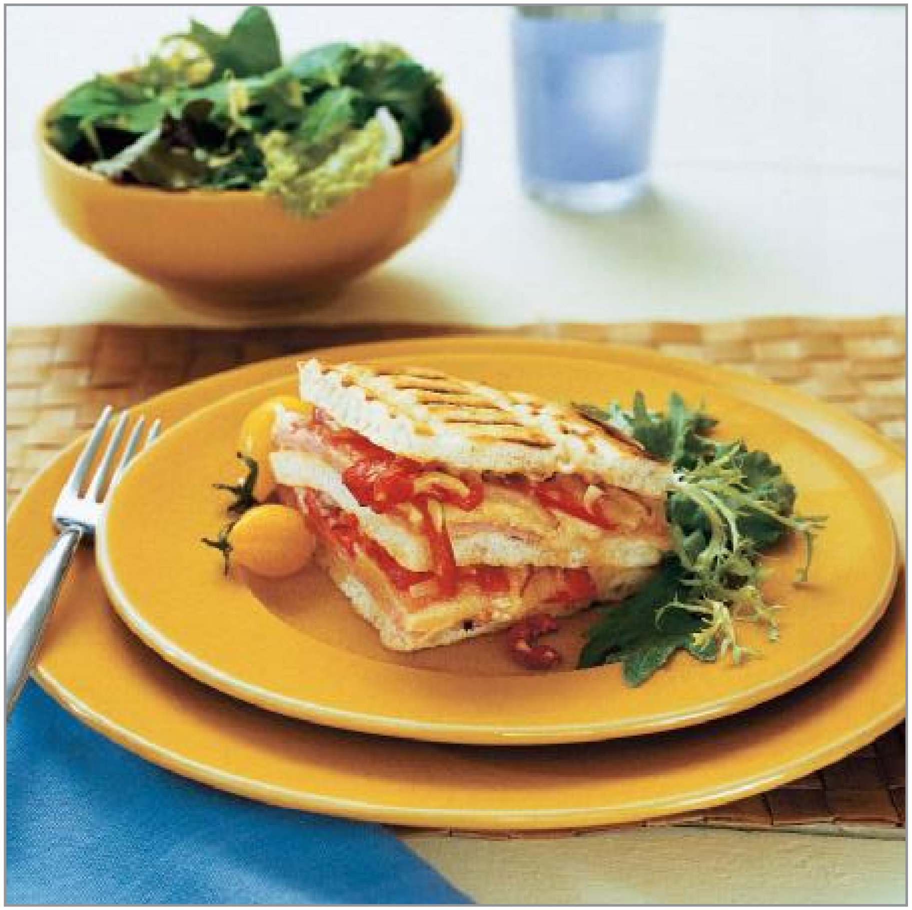
❧ In large saucepan, melt butter over medium heat; cook onion, celery, carrot, thyme, salt and pepper until onion is softened, 6 to 8 minutes. Sprinkle with flour; cook, stirring, for 1 minute. Stir in stock and potatoes; cover and simmer until potatoes are almost tender, about 10 minutes.

❧ Add corn; simmer, covered, until vegetables are tender, about 5 minutes. Stir in milk; bring just to simmer. Stir in parsley. Serve sprinkled with cheese.

Makes 6 servings. PER SERVING: about 254 cal, 11 g pro, 8 g total fat (5 g sat. fat), 38 g carb, 3 g fibre, 22 mg chol, 576 mg sodium. % RDI: 23% calcium, 7% iron, 43% vit A, 22% vit C, 17% folate.

BACK TO RECIPES

Pita Stack Supper



6	Greek-style (no pocket) or regular pita breads	6
2 tbsp	Dijon mustard	25 mL
8	slices Black Forest ham or turkey breast	8
Half	sweet or roasted red pepper, thinly sliced	Half
8	large spinach leaves, torn	8
8	slices Swiss, Havarti or brick cheese	8
1	tomato, thinly sliced	1
2	thin slices red or mild onion, separated into rings	2

❧ Set 2 of the pita breads aside for tops.

❧ Spread mustard over 1 side of each of the remaining pitas. Layer each with 2 slices ham, the red pepper, spinach, 2 slices cheese, the tomato and onion.

❧ Place 1 of the stacks on top of another; top with 1 of the reserved pitas. Repeat to make 2 stacks. Tightly wrap each stack in foil; bake in 425°F (220°C) oven for about 15 minutes or until cheese is melted. Cut into quarters.

Makes 4 servings. PER SERVING: about 564 cal, 36 g pro, 21 g total fat (12 g sat. fat), 56 g carb, 1 g fibre, 79 mg chol, 1,191 mg sodium. % RDI: 65% calcium, 29% iron, 33% vit A, 50% vit C, 50% folate.

TIP: To grill instead of bake stacks, brush top and bottom of stacks with oil. Cook in grill pan or skillet over medium-low heat, turning once, until crisp, about 15 minutes.

Canadian Living

Potage Paysanne

Weetabix

Healthy Eating

125+ Good-for-You RECIPES

3	slices bacon, diced	3
6	stalks celery, sliced	6
1	large onion, chopped	1
1 cup	sliced mushrooms	250 mL
3	carrots, diced	3
1	turnip, peeled and diced	1
2	parsnips, diced	2
2	leeks (white and light green parts), sliced	2
½ tsp	pepper	2 mL
2 tbsp	all-purpose flour	25 mL
4 cups	hot vegetable or chicken stock	1 L
½ cup	hot milk	125 mL
2	tomatoes, chopped	2
¼ cup	chopped fresh parsley	50 mL
2 tbsp	lemon juice	25 mL
1 cup	croutons	250 mL
1 tbsp	chopped fresh mint or parsley (optional)	15 mL

❧ In large saucepan or Dutch oven, fry bacon over medium-high heat until crisp. Drain off fat.

❧ Add celery, onion, mushrooms, carrots, turnip, parsnips, leeks and pepper; cook over medium heat, stirring occasionally, until onion is softened, about 10 minutes. Sprinkle with flour; cook, stirring, for 1 minute.

❧ Whisk in stock and milk; bring to boil. Add tomatoes; cover and simmer over medium-low heat until vegetables are tender, about 45 minutes.

❧ Add parsley and lemon juice. *(Make-ahead: Let cool for 30 minutes; refrigerate until cold. Refrigerate in airtight container for up to 3 days.)* Garnish with croutons, and mint (if using).

Makes 6 servings. PER SERVING: about 185 cal, 6 g pro, 5 g total fat (2 g sat. fat), 32 g carb, 6 g fibre, 6 mg chol, 607 mg sodium. % RDI: 10% calcium, 16% iron, 98% vit A, 43% vit C, 34% folate.

Squash and Onion Soup Gratinée



2 tbsp	butter	25 mL
4	onions, thinly sliced	4
1 tbsp	all-purpose flour	15 mL
1 tsp	chopped fresh thyme (or ½ tsp/2 mL dried)	5 mL
½ tsp	pepper	2 mL
Pinch	grated nutmeg	Pinch
5 cups	beef stock	1.25 L
1 cup	apple cider	250 mL
2 tsp	cider vinegar	10 mL
3 cups	cubed peeled butternut squash	750 mL
12	slices (¾ inch/2 cm thick) baguette	12
2 cups	shredded aged Gouda or Gruyère cheese	500 mL

❧ In large saucepan, melt butter over medium-low heat; cook onions, stirring often, until evenly golden, about 20 minutes.

❧ Stir in flour, thyme, pepper and nutmeg; cook, stirring, for 1 minute. Stir in stock, cider and vinegar; bring to boil. Reduce heat; cover and simmer for 20 minutes.

❧ Stir in butternut squash; cover and simmer until squash is very tender, about 12 minutes. *(Make-ahead: Let cool for 30 minutes. Refrigerate, uncovered, in airtight container until cold. Cover and refrigerate for up to 1 day.)*

❧ Ladle into 6 ovenproof French onion soup bowls or heatproof bowls; top each with 2 baguette slices, then cheese. Bake on rimmed baking sheet in 400°F (200°C) oven until cheese is bubbly and lightly browned, about 18 minutes.

Makes 6 servings. PER SERVING: about 347 cal, 16 g pro, 16 g total fat (10 g sat. fat), 37 g carb, 3 g fibre, 54 mg chol, 1,180 mg sodium. % RDI: 32% calcium, 15% iron, 65% vit A, 25% vit C, 27% folate.

BACK TO RECIPES

Sweet Potato Soup



2	sweet potatoes (2¼ lb/1.125 kg)	2
1 tbsp	vegetable oil	15 mL
1	small onion, finely chopped	1
2	cloves garlic, minced	2
1 tbsp	minced gingerroot (or 1 tsp/5 mL ginger)	15 mL
2 tsp	mild curry paste	10 mL
4 cups	vegetable or chicken stock	1 L

❧ Peel and cut sweet potatoes into ½-inch (1 cm) cubes; set aside.

❧ In large saucepan, heat oil over medium heat; cook onion, garlic, ginger and curry paste, stirring occasionally, until softened, 3 minutes. Add sweet potatoes; stir for 1 minute or until coated.

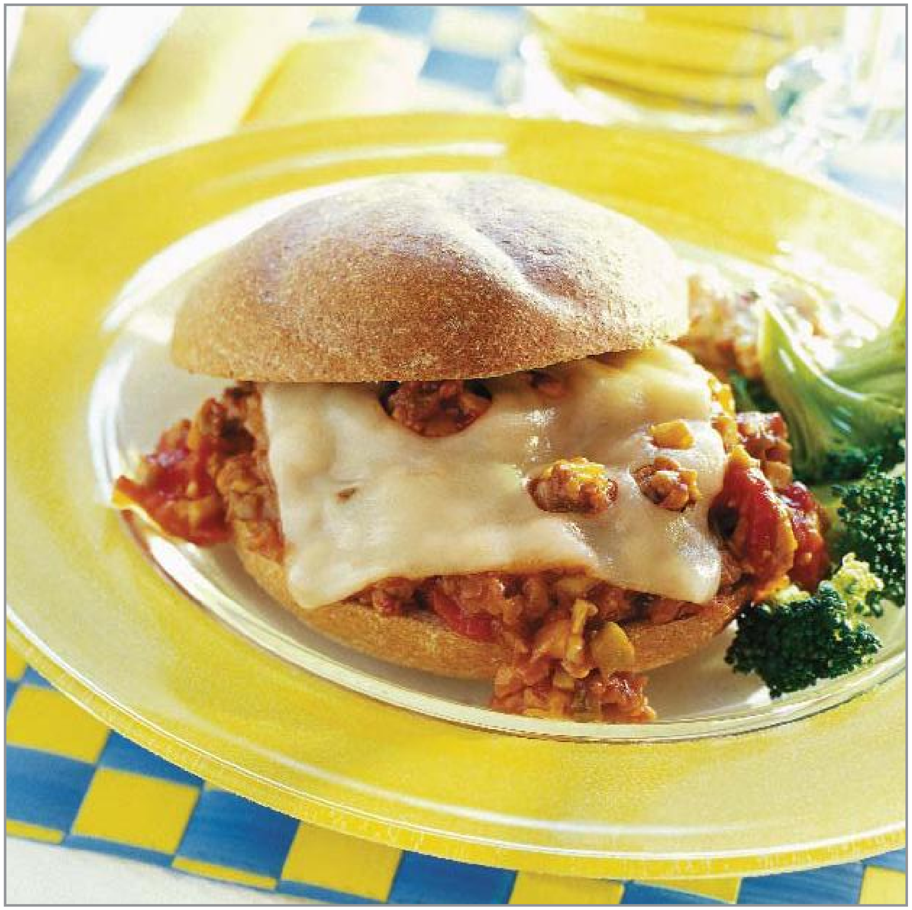
❧ Add stock and bring to boil; reduce heat, cover and simmer until potatoes are tender, about 10 minutes. With immersion blender or in blender, purée soup; reheat if necessary.

Makes 4 servings. PER SERVING: about 306 cal, 5 g pro, 6 g total fat (trace sat. fat), 60 g carb, 6 g fibre, 0 mg chol, 659 mg sodium. % RDI: 6% calcium, 10% iron, 383% vit A, 67% vit C, 13% folate.

Canadian Living

Mushroom Sloppy Joes

Weetabix



Whether vegetarian or not, everyone will enjoy this satisfying meal. Broccoli makes a good side dish.

6 cups	quartered mushrooms (1 lb/500 g)	1.5 L
1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
3	cloves garlic, minced	3
1	sweet green pepper, diced	1
1 tbsp	chili powder	15 mL
1 tsp	dried oregano	5 mL
¼ tsp	each salt and pepper	1 mL
1	can (19 oz/540 mL) stewed tomatoes	1
¼ cup	tomato paste	50 mL
1 tsp	granulated sugar	5 mL
4	whole wheat kaiser rolls	4
4	slices Swiss cheese	4

❧ In food processor, pulse mushrooms until largest pieces are size of peas.

❧ In large shallow Dutch oven, heat oil over medium-high heat; fry mushrooms, onion and garlic, stirring often, until no liquid remains, about 8 minutes.

❧ Add green pepper, chili powder, oregano, salt and pepper; fry until pepper is tender-crisp, about 3 minutes. Add tomatoes, tomato paste and sugar, mashing to break up; bring to boil. Reduce heat and simmer, uncovered, until mixture can mound firmly on spoon, about 15 minutes.

❧ Meanwhile, cut rolls in half and toast. Spoon mushroom mixture onto bottom halves; top with cheese and remaining bun halves.

Makes 4 servings. PER SERVING: about 368 cal, 14 g pro, 12 g total fat (4 g sat. fat), 57 g carb, 10 g fibre, 14 mg chol, 967 mg sodium. % RDI: 26% calcium, 36% iron, 25% vit A, 83% vit C, 21% folate.

Canadian Living

Parmesan Asparagus

Weetabix



Asparagus is almost a no-prep vegetable. Just bend the stalk to snap off the tough part and give the spears a rinse, then your side dish is ready to cook.

1 lb	asparagus, trimmed	500 g
2 tbsp	grated Parmesan cheese	25 mL
2 tbsp	toasted bread crumbs	25 mL
1 tbsp	extra-virgin olive oil	15 mL
¼ tsp	each salt and pepper	1 mL

❧ In large pot of boiling salted water, cook asparagus until tender, about 5 minutes. Drain and toss with cheese, bread crumbs, oil, salt and pepper.

Makes 4 servings. PER SERVING: about 63 cal, 3 g pro, 5 g total fat (1 g sat. fat), 4 g carb, 1 g fibre, 2 mg chol, 399 mg sodium. % RDI: 5% calcium, 5% iron, 5% vit A, 15% vit C, 53% folate.

BACK TO RECIPES

Snow Peas and Carrots with Sesame and Garlic



Looking for side dishes to go with Asian dishes? Search no longer. This vegetable combination is good with chicken, pork and noodles, too.

3	carrots	3
2 cups	snow peas	500 mL
1 tbsp	each soy sauce, rice vinegar and sesame oil	15 mL
1 tsp	granulated sugar	5 mL
1 tsp	minced gingerroot	5 mL
4	cloves garlic, minced	4
1 tbsp	vegetable oil	15 mL
½ tsp	each salt and pepper	2 mL
1 tsp	sesame seeds, toasted	5 mL

❧ Thinly slice carrots diagonally. Trim snow peas. Set aside separately. In bowl, whisk together soy sauce, rice vinegar, sesame oil, sugar, ginger and garlic.

❧ In large skillet, heat vegetable oil over medium heat; fry carrots, salt and pepper for 2 minutes. Add 2 tbsp (25 mL) water; cover and steam until slightly tender, about 3 minutes.

❧ Add garlic mixture and snow peas; steam, covered, until tender-crisp, about 3 minutes. Sprinkle with sesame seeds.

Makes 4 to 6 servings. PER EACH OF 6 SERVINGS: about 79 cal, 2 g pro, 5 g total fat (1 g sat. fat), 8 g carb, 2 g fibre, 0 mg chol, 389 mg sodium. % RDI: 3% calcium, 6% iron, 91% vit A, 22% vit C, 6% folate.

Sweet Potato and Cauliflower Tagine



Serve this fragrant vegetable stew over whole wheat couscous.

2 cups	white pearl onions (10-oz/284 g bag), or 2 onions, cut in wedges	500 mL
1 tbsp	vegetable oil	15 mL
3	cloves garlic, minced	3
1½ tsp	ground cumin	7 mL
1 tsp	paprika	5 mL
½ tsp	ground ginger	2 mL
½ tsp	salt	2 mL
¼ tsp	each pepper and cayenne pepper	1 mL
3 cups	cubed peeled sweet potato (1 large potato)	750 mL
1	can (19 oz/540 mL) chickpeas, drained and rinsed	1
1½ cups	vegetable stock	375 mL
2 cups	cauliflower florets	500 mL
1 cup	frozen peas	250 mL
2 tbsp	minced fresh coriander	25 mL

❧ In heatproof bowl, cover pearl onions with boiling water; let stand for 5 minutes. Drain and peel.

❧ In large deep skillet or shallow Dutch oven, heat oil over medium heat; fry pearl onions, stirring occasionally, until golden, about 5 minutes. Add garlic, cumin, paprika, ginger, salt, pepper and cayenne pepper; fry, stirring, for 1 minute.

❧ Add sweet potato, chickpeas and stock; bring to boil. Reduce heat, cover and simmer for 5 minutes. Stir in cauliflower; simmer, covered, until almost tender, about 20 minutes.

❧ Add peas; simmer, covered, until hot. Sprinkle with coriander.

Makes 4 servings. PER SERVING: about 337 cal, 11 g pro, 6 g total fat (1 g sat. fat), 63 g carb, 10 g fibre, 0 mg chol, 852 mg sodium. % RDI: 8% calcium, 24% iron, 177% vit A, 82% vit C, 55% folate.

BACK TO RECIPES

Asparagus Stir-Fry



1 tbsp	olive oil	15 mL
1	onion, sliced lengthwise	1
½ tsp	dried basil	2 mL
¼ tsp	salt	1 mL
Pinch	pepper	Pinch
3 cups	sliced shiitake mushroom caps (4 oz/125 g)	750 mL
2 cups	sliced button mushrooms (6 oz/175 g)	500 mL
2	cloves garlic, minced	2
1 lb	asparagus, cut in 1½-inch (4 cm) lengths	500 g

❧ In wok or skillet, heat oil over high heat; stir-fry onion, basil, salt and pepper for 2 minutes. Add shiitake and button mushrooms and garlic; stir-fry until liquid is released, 2 minutes. Add asparagus; stir-fry until tender-crisp, 4 minutes.

Makes 4 servings. PER SERVING: about 79 cal, 4 g pro, 4 g total fat (1 g sat. fat), 10 g carb, 3 g fibre, 0 mg chol, 154 mg sodium. % RDI: 3% calcium, 13% iron, 4% vit A, 22% vit C, 60% folate.

Canadian Living

Baked Tomatoes Gratin



6	large plum tomatoes (about 1½ lb/750 g total)	6
¼ cup	extra-virgin olive oil	50 mL
½ tsp	each salt and pepper	2 mL
2 cups	fresh bread crumbs	500 mL
2	cloves garlic, minced	2
¼ cup	chopped fresh Italian parsley	50 mL

Cut each tomato lengthwise into 6 wedges. In bowl, toss tomato wedges with half each of the oil, salt and pepper.

Arrange tomatoes, cut side up, in 13- x 9-inch (3 L) glass baking dish; roast in 400°F (200°C) oven for 30 minutes.

Meanwhile, in bowl, combine bread crumbs, garlic, parsley and remaining oil, salt and pepper.

Remove tomatoes from oven; sprinkle with bread-crumb mixture. Roast until bread-crumb mixture is golden, about 20 minutes.

Makes 4 servings. PER SERVING: about 212 cal, 3 g pro, 15 g total fat (2 g sat. fat), 19 g carb, 3 g fibre, 0 mg chol, 417 mg sodium. % RDI: 4% calcium, 14% iron, 20% vit A, 48% vit C, 15% folate.

SUBSTITUTION: Replace plum tomatoes with 2 cans (each 19 oz/540 mL) tomatoes. Drain well, cut into wedges and blot with paper towels before tossing with oil, salt and pepper. Arrange in 8-inch (2 L) square glass baking dish.

BRUSCHETTA TOPPING: Try this simple topping for grilled bread or as a side dish with grilled meats or fish. Brush thick tomato slices with extra-virgin olive oil; grill on greased grill over medium-high heat just until browned. Chop tomatoes; mix with chopped fresh basil, garlic, salt and pepper. To prevent the tomatoes from falling apart on the grill, slide the spatula under the slices in the direction of the grill bars.

Canadian Living

Garlic Spinach and Peppers

Weetabix



2	pkg (each 10 oz/284 g) spinach, trimmed	2
1 tbsp	olive oil	15 mL
4	cloves garlic, slivered	4
¼ tsp	hot pepper flakes	1 mL
1	sweet red pepper, thinly sliced	1
¾ tsp	salt	4 mL
Pinch	pepper	Pinch

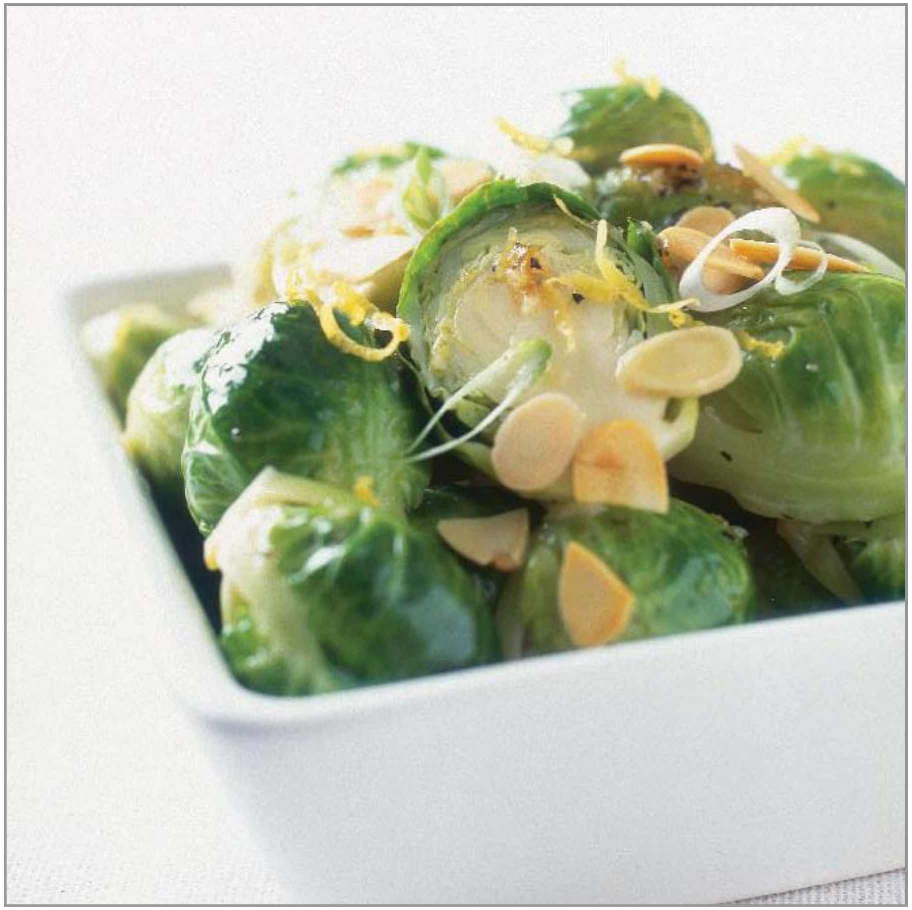
❧ Using chef's knife, shred spinach coarsely. In large nonstick skillet over medium-high heat, cook spinach, in batches, until wilted, about 2 minutes; transfer to plate.

❧ In same skillet, heat oil over medium-high heat; cook garlic and hot pepper flakes until golden, about 1 minute. Add spinach, red pepper, salt and pepper; cook, stirring often, until red pepper is tender-crisp, 4 minutes.

Makes 4 servings. PER SERVING: about 71 cal, 4 g pro, 4 g total fat (1 g sat. fat), 8 g carb, 4 g fibre, 0 mg chol, 519 mg sodium. % RDI: 16% calcium, 34% iron, 114% vit A, 103% vit C, 85% folate.

BACK TO RECIPES

Lemon Nut Brussels Sprouts



6 cups	halved brussels sprouts (about 1½ lb/750 g)	1.5 L
1 tsp	grated lemon rind	5 mL
2 tbsp	lemon juice	25 mL
1 tbsp	butter	15 mL
1 tbsp	extra-virgin olive oil	15 mL
1 tsp	granulated sugar	5 mL
1	clove garlic, minced	1
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
⅓ cup	toasted sliced almonds or chopped walnuts or pecans	75 mL
1	green onion, chopped	1

❧ Pour enough water into saucepan to come 1 inch (2.5 cm) up side; bring to boil. Add brussels sprouts; cover, reduce heat and simmer until tender-crisp and almost no liquid remains, about 8 minutes. Drain.

❧ Meanwhile, in large skillet, combine lemon rind and juice, butter, oil, sugar, garlic, salt and pepper; bring to boil. Boil, stirring, until thick enough to coat back of spoon, about 2 minutes. Add brussels sprouts; toss to coat and heat through. Sprinkle with almonds and green onion.

Makes 4 servings. PER SERVING: about 187 cal, 7 g pro, 12 g total fat (3 g sat. fat), 20 g carb, 8 g fibre, 9 mg chol, 358 mg sodium. % RDI: 8% calcium, 19% iron, 16% vit A, 200% vit C, 53% folate.

Sesame Wilted Beet Greens



1 tbsp	sesame seeds	15 mL
8 cups	loosely packed beet greens (about 2 bunches)	2 L
1 tsp	extra-virgin olive oil	5 mL
1	clove garlic, minced	1
1 tsp	grated gingerroot	5 mL
Pinch	salt	Pinch
½ tsp	sesame oil	2 mL

❧ In small skillet over medium heat, toast sesame seeds until golden, about 3 minutes; set aside.

❧ Trim stems from small young beet greens or remove centre rib from larger mature beet greens.

❧ In large skillet, heat oil over medium-high heat. Add beet greens, garlic, ginger and salt; cover and steam until greens are wilted, 3 minutes. Drizzle with sesame oil; sprinkle with sesame seeds.

Makes 2 or 3 servings. PER EACH OF 3 SERVINGS: about 60 cal, 3 g pro, 4 g total fat (1 g sat. fat), 5 g carb, 2 g fibre, 0 mg chol, 173 mg sodium. % RDI: 8% calcium, 11% iron, 36% vit A, 30% vit C, 6% folate.

BACK TO RECIPES

Canadian Living

Roasted Broccoli and Red Peppers

Weetabix

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6 cups	broccoli florets (about 1 large bunch)	1.5 L
1	sweet red pepper, cut in chunks	1
2	cloves garlic, minced	2
2 tbsp	olive oil	25 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
Pinch	cayenne pepper	Pinch

❧ In large bowl, toss broccoli, red pepper, garlic, oil, salt, pepper and cayenne pepper. Spread on foil-lined rimmed baking sheet.

❧ Roast in 450°F (230°C) oven until broccoli is tender-crisp, 10 to 15 minutes.

Makes 4 servings. PER SERVING: about 90 cal, 2 g pro, 7 g total fat (1 g sat. fat), 6 g carb, 2 g fibre, 0 mg chol, 306 mg sodium. % RDI: 4% calcium, 6% iron, 21% vit A, 170% vit C, 18% folate.

TIP: Save the broccoli stalks for snacks; peel and cut into finger-size lengths for dipping into dip or dressing.

Roasted Cauliflower



¼ cup	vegetable oil	50 mL
1 tbsp	mild curry paste	15 mL
¾ tsp	salt	4 mL
1	head cauliflower (about 3 lb/1.5 kg)	1
¼ cup	chopped fresh coriander or parsley	50 mL
1 tbsp	chopped fresh chives	15 mL

❧ In large bowl, stir together oil, curry paste and salt; set aside. Cut cauliflower into florets; add to curry paste mixture and toss to coat.

❧ Spread cauliflower mixture on greased large rimmed baking sheet; roast in 400°F (200°C) oven, stirring once, until tender and browned, about 1 hour. Sprinkle with coriander and chives.

Makes 4 servings. PER SERVING: about 180 cal, 4 g pro, 16 g total fat (1 g sat. fat), 8 g carb, 5 g fibre, 0 mg chol, 458 mg sodium. % RDI: 3% calcium, 6% iron, 2% vit A, 135% vit C, 37% folate.

Stir-Fried Broccoli with Orange and Almonds



1	bunch broccoli (1 lb/500 g)	1
⅓ cup	slivered almonds	75 mL
1 tbsp	vegetable oil	15 mL
½ cup	orange juice	125 mL
2 tbsp	hoisin sauce	25 mL
2 tsp	cornstarch	10 mL
2	cloves garlic, minced	2
1 tsp	minced gingerroot	5 mL
½ tsp	cider vinegar	2 mL

❧ Cut broccoli florets into bite-size pieces. Peel stems and cut into ¼-inch (5 mm) thick slices. Set aside.

❧ Heat large skillet or wok over medium heat; toast almonds, stirring, until golden, 2 minutes. Transfer to small bowl; set aside.

❧ Heat oil in same pan over medium-high heat; stir-fry broccoli for 2 minutes. Add 2 tbsp (25 mL) water; cover and steam until tender-crisp, about 4 minutes.

❧ Meanwhile, whisk together orange juice, hoisin sauce, cornstarch, garlic, ginger and vinegar; pour into pan. Cook, stirring, until broccoli is glossy and coated, about 1 minute. Sprinkle with toasted almonds.

Makes 4 servings. PER SERVING: about 162 cal, 6 g pro, 9 g total fat (1 g sat. fat), 17 g carb, 4 g fibre, 0 mg chol, 163 mg sodium. % RDI: 8% calcium, 11% iron, 16% vit A, 155% vit C, 31% folate.

Thai Tofu and Squash Curry



1	pkg (425 g) firm or extra-firm tofu, drained	1
1	small butternut squash (about 2 lb/1 kg)	1
1 tbsp	vegetable oil	15 mL
1	onion, sliced	1
2	cloves garlic, minced	2
2 tsp	Thai red curry paste	10 mL
1	can (14 oz/398 mL) light coconut milk	1
½ cup	vegetable stock	125 mL
2 tbsp	soy sauce	25 mL
1 tbsp	packed brown sugar	15 mL
1 tbsp	fish sauce or soy sauce	15 mL
½ tsp	salt	2 mL
1	sweet red pepper, thinly sliced	1
¼ cup	chopped fresh coriander	50 mL
2 tbsp	lime juice	25 mL
2 tbsp	salted peanuts, chopped	25 mL

❧ Pat tofu dry with paper towels; cut into ¾-inch (2 cm) cubes. Set aside. Peel and seed squash; cut into ¾-inch (2 cm) cubes to make 3 cups (750 mL). Set aside.

❧ In skillet, heat oil over medium heat; cook onion, garlic and curry paste, stirring occasionally, until onion is softened, about 5 minutes. Add squash, coconut milk, stock, soy sauce, sugar, fish sauce and salt; bring to boil. Reduce heat to low; partially cover and simmer until squash is almost tender, about 12 minutes.

❧ Add red pepper; simmer for 5 minutes. Add tofu; simmer until heated through, about 2 minutes. *(Make-ahead: Let cool for 30 minutes. Refrigerate, uncovered, in airtight container until cold. Cover and refrigerate for up 1 day. Reheat to continue.)* Stir in coriander and lime juice; sprinkle with peanuts.

Makes 6 servings. PER SERVING: about 204 cal, 9 g pro, 11 g total fat (4 g sat. fat), 21 g carb, 3 g fibre, 0 mg chol, 878 mg sodium. % RDI: 15% calcium, 14% iron, 62% vit A, 77% vit C, 23% folate.

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